

SOLUTION TO YOUTH'S PROBLEM



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ASGHAR ALI CHOWDHRY

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Asghar Ali Chowdhry

Translated by
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FOREWORD

The first phase of human life, which is called childhood, is undoubtedly, the golden period of life and memories of this period last to the last moments of life.

This is the time of storms, enthusiasm and urges. It is in this period that habits are formed and deformed and one passes a restless life with the force of emotions and passions. And this is the period when a person is governed by sentiments and sexual urges and hence lives a life overpowered by anxieties and complexes. Now, if in such a disturbing situations he is left without proper guidance, his future life may shatter into pieces by dashing against the rock of reality.

But there are moments when a father cannot go along with his son nor a teacher can keep with his pupils. And as a result of this, the poor youth finds himself in a situation when he has to choose his own course of activities. But a few steps forward he starts thinking that he is going astray. He finds the axiom: "Youth is maddening" perfectly true and this very feeling leaves him in the lurch.

I have, from my long experience arrived at the conclusion that in no period of life an individual needs more guidance in his mental, spiritual and moral spheres than during his youth. But, unfortunately, there is great dearth of literature on this topic, and whatever we find is not suitably written with the result it utterly fails to arouse moral and psychological sense of righteousness and dutifulness. A few books on this subject are so tasteless and cheerless that the readers find it very difficult to go through them in spite of exercising great patience.

We have, in this book, tried our level best to bring Islamic

solution to the mental, moral and physical ailments of youths which are so varied in nature.

We have tried to make this book so useful for one and all that it can be safely gifted to sons by fathers, pupils by teachers, brothers by brothers and friends by friends.

We trust, Allah willing, that no youth will afford to deviate from the right path and pull others back to the guided course of Islamic life.

May Allah grace our efforts with His acceptance and also the youths with a will to make it a guiding light in the dark moments of life.

April 7th 1981

Ali Asghar Chowdhry
Tundu Adam
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ADDRESS TO YOUTHS

Dear friends! You now stand at the crossroad of life where, on one side, charms and fascinations of this worldly life attract you, and the duties and responsibilities draw your attention on the other. In this period of life you find within yourselves storms of hopes, urges, ambitions and enthusiasm; desires of various kinds keep you restless. But you find yourselves helpless so far their fulfillment is concerned, for you have no power within yourselves to fulfil all of them.

Since you are young and spirited this world appears so charming to you. Youth accepts no responsibility. It seeks to cross all limits of etiquettes. But limitations of social, moral and religious principles are there to block your free and unbridled desires and actions. However, in this wide and vast and colourful world you want to do many things at your will. For instance you intend to:

- 1) keeping lost in the world of beautiful imagination and colourful thoughts allowing none to interfere with, so that you go tasting the fruits of artificial Heaven.
- 2) be having your pockets full of wealth, getting rains of gems and jewels from heaven, and rolling in wealth and luxuries and spending it at will, and having all this without any work and labour. Moreover, you dislike anybody putting a check on your luxurious living.
- 3) be making your parents, friends, relatives, society and even the government seek your advice and do nothing without consulting you; nobody having courage to disagree with you and one and all acting upon your will and pleasure.
- 4) be wanting everybody admitting your mental capacities and following you as their leader.

- 5) be giving your personality a place above all others and expecting papers printing your pictures and publishing your speeches; every gathering and assembly making mention of your name and deeds and welcoming you fervently.
- 6) becoming a film hero, a lover of fame, making your beloved falling at your feet, shining everywhere whether it be the field of games, politics, journalism or the firmament of arts and literature.
- 7) be carrying load of no responsibility on your shoulder nor the cup of poison of examination being brought to you; you want merely the life of liberty and carelessness.
- 8) be having helicopter, airship, scooter or car at your disposal; a band of friends to be with you and going round the world any trouble or difficulty.
- 9) be young and healthy all the time and bubbling with grace, spirit and energy.
- 10) be having on your table romantic novels, fictions and stories to fill you with romantic thoughts.
- 11) be keeping around your friends and relatives, delicate dishes, objects of luxuries, gay gatherings and assemblies and yourself being centre of all attention.
- 12) be keeping permanent and intact whatever pleasures lie at your disposal.

My dear friends, this is a dim reflection of your desires. But, I would like to bring to your kind notice a bitter truth right now that not far off lies the world which is called the house of woe and sorrow by many and by others it is called the laboratory, the cultivation for the Hereafter and a prison for the Believers and the like. And those who give it such names are aged and experienced who had tasted its sweet and bitter fruits during their youth and learnt a lot thereof.

Bear in mind that this world of ours is not a utopia, it has its moments of weal and woe mixed together in a compact form. You

have to do a lot in the short life of this world, keeping an eye on the bitter fact that one cannot achieve everything according to his will and pleasure. It is because the country, society and family you belong to have many hurdles to put in your way and you can break them only at the risk of your future life. It is a very common observation that anyone who so often break the traffic laws gets run over by a bus or truck. Similarly, one who breaks the limitations put by the country, nation or society is bound to be disgraced both in this world and the Hereafter.

Your self-will, disorderliness and rising against the set values and principles have their effect not limited to your person, it reaches your family and your country as well. Hence nobody is prepared to leave you free to do as you like. Moreover, all your desires can be fulfilled only when you have enough money to spend, much time to waste and vast power and authority to enforce anywhere and everywhere. But it is so tragic that money cannot be had without hard labour and one cannot fulfil all his desires even after wielding vast influence and unlimited power.

My young friends! You stand at the moment in front of a valley which is so enticing. This is such an attractive part of life which remains in memory till the last moments of life. You have before your hungry eyes a long row of pleasant interesting things but along with them there are many tracks, pathways and bypaths. You watch them in wonder and find yourself in a real fix. This is the moment when you urgently need sincere friends who are ready to guide you along the right path, share your joy and sorrows and lend you their support and helping hands when you ask for it. But the difficulty is this that sincere and honest friends are very hard to find. It is because many are there who cannot be trusted as true friends. This world of ours is replete with the opportunists and self-centred persons who hanker after their own selfish gains. In fact, Satan lies in the guise of such so-called friends. Such friends are always ready to carry you to the world of pleasure and merry-making and put you in the net of hypocrisy and deception. And once you are entrapped it is very difficult for you to get rid of it, and they will desert you in the face

of sickness, disgrace, anxiety, poverty, deprivation and the depth of devastation. They will act in a way as if they had never been your friends and leave you at the mercy of circumstances and move forward in search of other targets.

Need of a Friend

You need a friend, no doubt, to pass a happy life. It is very difficult for you to live without a friend. A friend is a must to share your secrets, weal and woe. Even your own brother cannot give the joy of a friend in such moments. You allow not your relatives to become aware of your secret activities. Hence, it is an undeniable fact that this world of ours look deserted and cheerless without a sincere friend.

Friend and Friendship

The wise have given to know few gems of precious thoughts which are given below for your right guidance. These wise men have said:

- 1) Brothers are like arms and friend is like heart without which nobody can remain alive even when his arms are intact.
- 2) A friend makes one to two and eleven to one.
- 3) A friend is aware of something which is not known even by the household.
- 4) A friend is not that who is sitting close at your dining table; he is one who extends his helping hand when you are in trouble.
- 5) A true friend gives only sincere advice.
- 6) Noble and loyal friend is a great blessing.
- 7) Sheikh Sadi says: "A friend, howsoever dear must not be allowed to share your secret for, in case, he quarrels with you he will disclose your secrets to put you to disgrace.

Criterion of Friendship

Now the importance of friendship has become clear to you. Hence I tell you something about the criterion of friendship and identity of good friends. You are also required to prove yourself up to the mark and give value to those friends who are tested and trusted. A friend is not only one who shares your secrets but he also proves himself a loyal companion at every turn of your life. Hence if you succeed in proving yourself a true and sincere friend you will, God willing, be paid in the same coin.

The criterion of friendship I am placing before you is not the product of my own imagination; it is rather made by the Great Creator Who is fully aware of the secrets of every heart and defects of every sight; Who listens to the grievances of one and all watches everyone and everything, and always keeps our peace and welfare before Himself. This criterion of friendship He has sent to us through His Messenger (peace and blessings of Allah be upon him), and wrote down in His Book called, the Qur'an, which is a guarantor of high position in this world and the Hereafter so that we go through it, comprehend it and act upon it.

Tell me do you follow the instructions of such an affectionate guide? Allah Almighty says in the Qur'an:

1. Oblige your companions (friends).
2. Oblige any one who sits beside you.
3. There is no harm if you dine at your friend's house.
4. You establish your friendship only with those, after Allah and His Messenger (peace and blessings of Allah be upon him), who are honest, who establish *salat* (prayer), give *Zakat*, enjoin the good and prevent from evil acts.
5. Those who have made a fun of *Deen* (Religion) and laugh at the Religion and calling of *adhan*, and have come closer to worldly life of ease and comforts must not be made friends and it is better for you to have no truck with them.

6. Keep from those who make a fun of Religion; if you do so you will be taken as their companion and treated accordingly in the Hereafter.
7. Establish no friendship with the enemies of Allah and those who invited wrath and torment of Allah Almighty.
8. Establish friendships with those alone who call their Lord morning and evening, seek His pleasure. Refrain from keeping your eyes on the beauty and decoration of this world, nor follow those whose hearts are bereft of the remembrance of Allah, and those who cross all limits hankering after the desires of the self.
9. It is not proper for you to make friends with those who are opponents of Allah and His Prophet whether they be your father, son or any relative.
10. On the Day of Judgment, Allah Almighty will give a call saying where are those who loved and made people their friends just for My sake, and I shall today give a place under My shadow.
11. Keep loving each other just for the sake of Allah.
12. Make no friends those who became victim of Allah's torment and who rejected the Doomsday and the Prophethood.
13. Do not be friends with the Jews and Christians, Unbelievers, transgressors and Hypocrites.
14. On the Day of Judgement everyone will be with the person whom he loved in this world.
15. The Holy Prophet (peace and blessings of Allah be upon him) says:
"If you keep sitting with the blacksmith you are sure to burn your clothes one day, but your sitting with a perfumer is sure to make you fragrant all the time."

In short, good friends are source of success and pleasure in this

world and the Hereafter, while evil friends cause ruination in both the worlds.

The Holy Prophet (peace and blessings of Allah be upon him) has said:

1. A Muslim is brother of another Muslim and does not cause any breach of trust, speaks no untruth and does not desert him in trouble. For every Muslim is unlawful honour, wealth and blood of another Muslim.
2. None of you can be perfect until he likes for his (Muslim) brother what he likes for himself.
3. Invoke Allah for your Muslim brother (friend), for it consists of sincerity and hence such a supplication is speedily granted.
4. If you see any shortcoming in your friend, point it out to him with love and politeness so that he removes it. Similarly, it is not proper for your friend to feel annoyed at bringing his defect to his notice, for herein lies his good.
5. While discussing anything with one's friends it should be kept in mind that it leaves no acrimony in hearts. If one wins a debate by losing his friend it is a bad bargain.

Last Thing

I hope you must have learnt difference between good and bad friends and also the guiding principles of keeping friendship intact. When I see my dear young friends suffering setbacks I am utterly embarrassed. My naive friends are so often entrapped by shrewd and deceitful persons and lose their health, worldly life and life in the Hereafter. They learn some bad habits from their friends and some other evils they learn to their own. They evade discussing a number of things with their parents or teachers and feel shame in doing so. This results in their destruction and deviation from the right path. One reason is that good books on this subject is not available which could advance ready solution of the problems, and guide you to the right path. And I have undertaken the project of writing this book with an

eye on your problems so that you may seek guidance thereof. May Allah help us and keep you to the right path.

An Extremely Important Thing

My young friends! Allah Almighty has created within us such a friend that keeps us aware from evils all the time. Thus, whenever, we make a plan to do some evil, our heart starts beating strongly. This is, in fact, a warning bell which starts ringing on such occasions, we start panting and getting disturbed, and a voice comes from within repeatedly says:

"Refrain from doing this for it is a sinful act. It will enrage Allah Almighty; the household will lose its honour and you will lose your reputation forever; keep from it even now."

This friend of ours is called conscience. Allah Almighty has appointed it as our guard.

But alongwith this good friend we have within ourselves who constantly keeps us inciting on evil doings and go on pouring into our mind evil thoughts and keeps instilling in our hearts nefarious plans day in and day out. It goes on telling us:

"Why do you feel disturbed my friend? Make advances and do it without any fear. Come what may it is all right. Telling a lie will save you, hence do not let this opportunity go out of hand."

This evil friend is our "self".

Keep it in mind: whenever we plan to do something, our conscience and self come into conflict with each other. Both of them start dictating their own demands. And at last we accept the demand of any one of the two. For instance, if we happen to pass by a mango garden having ripe mangoes in abundance and without any gardener or gate-keeper. In such a situation our self demands to go ahead and pluck some of these mangoes for there is a golden opportunity in the absence of the gardener and gate-keeper.

But our conscience rises to the occasion and says: "Don't do such an evil thing; this is theft and sin and one has to be punished for this."

Thereupon the self says: "Who comes to interrogate for this? Go ahead and pluck it. What a cowardice. Pluck the mangoes and hurry away."

But this moment conscience comes to our rescue and says:

"Even if you escape the eyes of the gardener, how can you escape the eyes of Allah Who constantly keeps His eyes on every acts of yours, and nothing inward and outward are out of His sight. He will certainly punish you for the sin. This evil act of yours will be filmed to be shown to Allah on the Day of Judgement: even organs of your body will bear witness thereof. What will you do then? Ponder over this? The taste of mango is temporary but punishment for this is very grave. Why do then you act wrongfully?"

In short, the conflict between *the self* and the *conscience* goes on till you accept the demand of anyone of the two. If you obey the order of your conscience you will achieve success in both the worlds, but, in case, you follow the dictates of your self you will suffer disgrace in both the worlds which no wise man can allow to happen.

It is also to be kept in mind that the more you obey the command of anyone of the two, the more it grows stronger and gradually it becomes your ruler.

Now if your conscience becomes your ruler, you will achieve success both in this world and the Hereafter. But, in case, your conscience overpowers you, you will suffer disgrace in both the worlds. Now it is up to you to decide whose order you seek to obey.

It is my sincere advice that you should always act according to the dictates of your conscience and never give your ear to what your self says. However, if you ever make a mistake of obeying the order of your self, you should not make late in rectifying your fault by showing your repentance and resolving not to repeat your mistake again. This is the secret of your success and prosperity.

A SERIES OF DANGERS

Human life is full of dangers and you have also to face it. Hence, I seek to delineate some of the dangers keeping your age in view and what you have to avoid at all costs.

Danger No.1

Fellows pose greater danger, for one imitates his fellow blindly. He may learn to use foul language from his fellow and it will render you unable to mix up with men of culture and good taste. In such a case characterless group of the area will come out to hunt you to follow their style of life and you, owing to your naivety and inexperience, get entrapped in the net spread by them. You are mostly to become victim of the nefarious designs of the characterless, the shopkeepers, the vagabound, vendors and men, women and boys carrying bad habits. And you have to save yourself from them as you want to be safe from an accident. Such people may carry you away with them by creating in you greed for sweetmeat, money or recreation and make you addicted to evil acts. Hence such persons should be treated as enemy number one, and refuse point blank whenever someone offer you such things and tell them in strong words:

"Be careful to repeat it again. Do you consider me a bad boy?"

In case of the matter taking serious turn you inform your father about it so that you are saved from the lurking danger and destruction.

Danger No.2

Boys of loose character would try to force you to their ways, and hence, it is very necessary that you shun their company, otherwise they would fill you with evils. And once you are entrapped

by them it is almost impossible for you to come out of their den instead they would carry you to boys who are worse than they are. Most unfortunately, these days there are some teachers also who play with the grace and dignity of their pupils. Hence you should keep distance from such teachers and avoid meeting them out of the classes. You must reject it outright if they invite you to their houses or shops. Inform your parents or principal in case such a teacher insist on calling you to any other place or entice you with the offer of sweetmeat or free tuition or recreation or gifts etc. so that you save yourself from their dirty trap. See that you will ruin your life and career in case you keep silence on their filthy offers.

Danger No.3

Your mental power grows with your age, and thoughts of various kinds raise the heads in different forms. Even reading habit suffer change and with growing age books and magazines of romantic colour invade you like floods. You may like to read stories depicting life of crimes and punishment and find in yourself growing strong desires of viewing films and television. It results in loss of desire to read school books and all your time is taken away by the books and magazines, films and television serials carrying cheap stories and episodes. Biographies of great men and historical novels may prove good as a friend and guide.

Danger No.4

Cigarette smoking, cinema viewing, vagrancy, intoxication are some of the bad habits. When they are short of money some considerate boys start doing some part time job while others begin to live on theft or a life of lust or have money by speaking lie or by swindling. Whatever course they adopt it is bound to ruin their character.

Now take your own account and see whether you have indulged in an evil. If so, it is but essential for you to pull yourself out of this ditch. Be careful !

DESIRES AND THEIR REMEDIES

Every individual becomes target of desires and complexes and they go on for the whole of life. Hence I would like to tell you as to why does it happen so? But some of the terms used in this discussion should be made clear before starting any discussion on the topic. We explain these terms hereunder.

1. **Conscience**:- You keep hearing this word time and again, hence it is better you understand its meaning fully and clearly. Conscious is, in fact, the centre of reason and intellect. It keeps human being above all other creatures and it is due to this that human civilization and growth keep flourishing.
2. **Unconscience**:- You may say that this is that part of mind where such desires are treasured which remain unfulfilled or we suppressed them out of fear or pressure of society. This is the store house of wishes and desires. What we seek to forget accumulates at one place to form its own system which gradually exerts its negative effect on character. In every case these desires adopt wrong channels for their fulfilment.

In short, conscious keeps producing all kinds of desires which create troubles and complexes.

3. **Environment**:- Every external agency which exerts its effect on human life somehow or other, i.e., conditions around.
4. **Adjustment**:- That is to mould oneself according to the demand of the situation and environment and to prepare

one to face the difficult and challenging situation.

Desires:- We need many things while living in this world; for instance, we need eating and drinking, housing and clothing etc. for passing our lives. Now in order to fulfil these needs we require many things. Our inherent desire to surpass others in name and fame, beautification and decoration expect much more from us. We also think of enjoying every moment of our life and pass it in ease and comforts. Thus desires keep growing in us and we cannot put a check on their growth. However, these desires are not abnormal and troublesome for they are subject to necessities and a must for the perpetuation and welfare of human life.

Complexes:- The desires which go to luxuries by crossing the limits of necessities of life or the desires which remain unfulfilled owing to their being a sin or crime in the eyes of religion and society respectively. Such desires create a number of complexes in our mind. It is because the sense of sin and crime keep every person disturbed and perturbed. Moreover, these desires keep on multiplying. Hence, these unfulfilled desires keep accumulating in our unconscious and then keep us anxious all the time. Each of them compete to be fulfilled and we are unable to fulfil all of them and sometimes any of them. Thus our mind becomes an arena of constant war or conflict. This conflict makes our mind exhausted and body weak, and many kinds of hysteric diseases lay a seige around us.

HYSTERIC DISEASES

Growing and multiplying of desires and their remaining unfulfilled is very troublesome. And when their pressure enhances, the following diseases are likely to raise their heads. These belong to the category of Hysteria.

Unknown Fear :- Wild excitement, perturbation, hopelessness, irritation, anxiety, annoyance, disgust, boredom and terrible dream etc. are some of the elements of unknown fear. These elements cause indigestion, dizziness, lack of sleep or sleeplessness. Moreover, it makes complexion yellow, causes gas formation and indigestion, makes eyesight weak and one gets easily tired, loses interest in study and finds his memory weak. Gradually the person loses his health. He then becomes an easy target of a doctor and thus runs short of money, while his business turns dull. He may feel comfortable at times but the disease is not eliminated. The disease so often raises it heads in one form or another. Sometimes he develops high blood pressure and is constantly surrounded by palpitation of heart or hysteria. Women, and in most cases, young girls, scream aloud and get unconscious with hands and legs getting tightened. At times they start laughing or crying wildly. The people around think that the girl is under the effect of a jinn, while she is merely under the pressure of her unfulfilled desires.

During youth many persons develop lust for roaming and wandering as a result of their unfulfilled desires. This results in committing theft, chasing girls and thus earning bad name for themselves and their household. Gradually they are habituated to speaking lies and becoming self-centered and stubborn, wayward and unmanageable. But the strongest of all is the desire to satisfy their sexual need. I shall deal with this subject later.

DAY DREAMING

When desires remain unfulfilled and do not find in ourselves power to eradicate them from our mind and utterly fail to suppress them too and instead of getting rid of them we indulge in tasting and enjoying these colourful thoughts, we call it daydreaming. We seek to fulfil our heart-felt desires within the bounds of our imagination, then our practical power starts getting weak. Hence we are no longer the practical man. It results in our lagging behind in the race of life, and fall into disgrace and disrepute. Thereafter, the bean and bustle of life and its colourful and cheerful side lose glamour and glitter, and the gay assemblies of friends turn flat and insipid and find them far from attractive. In this way the zeal to go ahead gets dead and we keep lying broken-hearted, frustrated and hated on all sides. This inferiority complex throws us deep into the quagmire of disgrace.

WAY TO GETTING RID OF COMPLEXES

Allah Almighty has bestowed on us tremendous power and capacities. If we become conscious of these inherent agencies lying within ourselves and resolve to make their proper use, we are bound to succeed in getting rid of our complexes and other problems. We have within ourselves a power which is called "will power". It becomes easy to get rid of our desires if we apply this power fully and properly. As and when any nefarious desire raises its head we should bring our will power into action. For example, if you come across a woman on your way and you develop a desire to have a look at her, you should at once make use of your will-power and say to yourself:

"This is a satanic act and, hence, I shall not see her at all for my Lord watches me."

If one says this to himself with the full force of conviction and will-power at command, eyes would not have courage enough to have a look of her. Thus to strengthen will power, make use thereof and always keep it high and strong. This is the surest way of plundering the desires under the feet.

One thing is, however, to be kept in mind that desires, if they are bad and destructive, must be trampled upon then and there. In case it sets its foot firmly in the ground, it would be very difficult to uproot it. And if the desire is pure and permitted, one should try, as far as possible and practicable to fulfil it. One should always bear in mind that the very thought of good is rewarding. Hence one should preserve good thoughts and pure desires and invoke Allah for their attainment and fulfilment.

THREE STRONG DESIRES

All desires are based on three things:

1. Delicious dishes. 2. Much talking. 3. Looking at boys and girls.

Their remedy is also very simple and easy provided one is ready to act with strong will and stability in character. We give below their easy remedy in order.

1. Delicious food:-

One has to strengthen the conviction that Allah, the Exalted is the Nourisher and one should remain content with what he gets in the form of sustenance from the Creator, for his fortune is being already written. Being satisfied with what one gets is very useful because, on one hand, it will save from being thankless to one's Lord, and it will create a sense of patience and contentment on the other, which would suppress the desire for delicious dishes. Thus an individual is saved from unnecessary trouble and anxiety.

2. Talking too much:-

The remedy thereof is to make one's tongue confined to speaking the truth alone. This would do away with futile talking, and with it would come to an end its capacity to create mishiefs. Moreover, the desires and complexes arising out of futile talks would also gradually disappear.

3. Casting Lustful Eyes:-

The simple remedy is that, by applying will-power, one should vow not to look towards girls and boys. This would close the door of all kinds of conflicts. This is not a difficult job if the will-power is

strong. One who saves his eyes from evils can easily get rid of casting lustful eyes on others.

Hazrat Isa (Jesus) has said:

"Guard your eyes

"If it is safe, the whole body is safe."

Bear in mind that evil eye is one of the very poisonous arrow from the arrows of Satan whose target is flawless. Hence keep your eyes low and turn your eyes away as a woman comes to your view.

CAPITAL OF LIFE

Human life has three phases :

1. Childhood 2. Youth 3. Old age.

After passing 14 or 15 years of childhood the human being steps in the period of youth, and thus he starts his full-fledged life, which is called youth. And this is the sum and substance of the whole life and the golden age. It is in this period that a man finds in himself zeal and fervour, determining and courage. But it is also the beginning of sexual pleasure. Sexual urge raises its head in this very age and the strong desire to meet each other develops in this period of life. And this is the age when every person is required to live in piety and purity. It is at this stage that a person tumbles at every step. Hence one has to be very careful at every step. But it is a fact that one is dominated by the passion of youth and intoxication of power in this age. It is the age when zeal and passion have their say and rule over the life of an individual.

Undoubtedly, this world of ours has always attached value to power. But man is not the best of all creatures only because of his power; he is rather superior to others for his reason, moral sense and spiritual force. Man needs his physical, rational and spiritual development in equal proportion for his perpetuation, welfare, success and prosperity. And this development takes place right in young age. And for this it is very necessary that one keep his desires and mind under control and body pure. One should pass a virtuous life so that thoughts, concepts, words and hearts are free from evils. It is true that evil thoughts pass into mind from unknown avenues like germs of infectious diseases entering our bodies through food and breath. But, if the body is healthy and strong and free from diseases.

such germs cannot grow. For human body and life to be pure, it is necessary that his thoughts are pure.

Unhealthy magazines, obscene novels and dirty stories and fictions are causing untold harm these days, for the heart of the reader gets absorbed in them and he enjoys them very deeply. It is in this way that filthy thoughts and sensual feelings are incited through these sources and outlets for evil deeds and pleasures. It not only brings bad name to the household but also various kinds of diseases surround him on all sides. Hence it is essential to shun evil thoughts, friends, books and environment.

BEGINNING OF YOUTH

The age of puberty is different in different countries according to climate, food, conditions and environment. It is different also in different regions and families of the same country. The age of puberty ranges from 14 to 18 or 20 years. This is the period when alongwith physical organs mental, rational and intellectual growth take place, and a boy turns a mature person. He is now able to carry the load of life and play the role of a father. Physical organs and their functions see tremendous changes in this age of puberty and maturity. It gives birth to a number of storms in the body and passage to various kinds of thoughts. The boy remains restless, disturbing thoughts keep storming his mind, baseless doubts and desires keep controlling his entire existence. He finds no way out of this difficult situation and cannot decide what to do and what not to do. Gradually, he is dominated by a sense of degradation and a feeling of deep sadness. And he is excited when his parents and teachers question his state of mind and activities, and sometimes loses his control. He also oscillates between religion and wandering lust. He at times finds sexual thoughts gaining ground in his mind. He develops a desire to touch the opposite sex. Some of them go chasing boys to have the same satisfaction what they want of girls. Such persons so often indulge in daydreaming and go to bed with impure thoughts which result in nocturnal discharge.

These all come to establish the fact that all conditions of puberty have been fulfilled and the boy needs peace and satisfaction. It is, however, advised that light food should be taken along with regular exercise in the open when such a storm arises in mind; time should be passed in such mental and academic activities which keep busy most of the time. Moreover, they should make it a point to keep company only with men of virtue and say regular prayer and keep

from obscene literature, for cheap novels and stories ruin good taste and give rise to sexual inclination. Hence it is much better to keep busy in some good and constructive work instead of reading such sexually poisonous literature. If such thoughts and activities are not done away with a healthy and normal life is impossible, and the victim is sure to lose interest in everything useful and fruitful.

IMPORTANT DIRECTIONS FOR YOUTHS

1. Sexual feeling is very natural in one's life, and, hence, it must not be considered as impure, unhealthy, abnormal and shameful. It is to be taken as the single source of perpetuation of life. It is responsible for the birth of children.
2. This feeling starts right from the age of puberty and goes up to the whole life. Hence wisdom demands it that it is kept under control and one should avoid to become a slave to it, for if it is left unbridled man becomes worse than the animals.
3. Keep in mind that although demand of sexual satisfaction starts right after the attainment of puberty, sexual organs take some more time to function properly.
4. Our youths are required to keep sexual passions under control so that they play their role properly and successfully after marriage.
5. It is also very necessary for the young boys to keep distance from young girls so that sexual urges keep low and the possibility of committing sin is totally eliminated.
6. Habits formed in the early age keep persisting till the last days. Thus the good and evil persons are categorised according to their habits. Hence good habit formation should be carefully taken note of for achieving perfect physical and moral health.
7. One should avoid marriage before the early period of puberty comes to an end and he is able to earn, and keep

his sexual passions under full control so that he is saved from being netted in some trouble.

8. Keep afar from prostitutes otherwise it will result in suffering from irremediable diseases.

JOURNEY OF SEXUAL LIFE

Young travellers! Life is such a journey which experiences new events and incidents all the time. Why go far; let's see the conditions of our own body. It is not long ago that you crawled by your knees, but, today, you jump like deer. It was only yesterday that you had least care for your private parts, but, today you take extra care to keep them covered; you had not a single hair on your face sometimes ago, but today you have long and thick moustache and beard. These changes are so clear that you can easily see and feel.

Nature has made the mechanical system of our body amazingly well. When we eat something, physical machine absorbs elements that make blood and keep life intact, while the rest is excreted through stool and urine. It is common knowledge that one is sure to fall ill and pass away if blood is not produced.

When you attain the age of 14 or 15, your physical machine starts producing one thing more besides blood of which you remain unaware for sometime. However, that something keeps you restless. This is a very delicate stage in life. And you also cannot say anything to anybody regarding that new experience, but you cannot remain peaceful without expressing it too. This is the occasion when your carnal desire raises its head and says:

"How beautiful that girl or boy is:"

and you are carried away by its unhealthy suggestion that you start gazing at the girls and boys and feeling her presence to serve your purpose. Thus your strong liking for them keeps you restless and disturbed. You are restless to have a look of your desired object. You want not only to see but to be with them, talk to them, touch them and embrace them even. This frustrated restlessness forces you to

adopt some foul device to bring them to your nefarious design. At times you write love letters and in case you fail to get their positive response you become very sad and your restlessness crosses all limits. At this point your conscience comes to your rescue and says:

"Stop this my dear. It will bring disgrace and telling effect on your health besides inviting anger and displeasure of Allah Almighty and punishment from parents. Keep in mind that only very bad characters do all this. You belong to a very noble family and you have to perform gigantic tasks lying ahead of you. If you are unable to avoid these activities you will fall sick yet overpowered by some fatal disease and your parents will be dishonoured."

Having heard all this your heart starts palpitating and you feel fearful. You now face a very delicate situation for your evil friends are there only to give you wrong advice. Since their unhealthy advice is quite a new thing for you and is very injurious in all respects, you find yourself in a fix to adopt this course or not. You fail to decide whether you avoid casting lustful eyes on young boys and girls or go ahead and have them to fulfil your carnal desire. You may feel at this juncture as to what makes you disturbed and restless from within.

My innocent friends! Sometimes ago you were confined to eating, drinking and merry-making and you had never thought of a girl. But now you have abandoned your eating, drinking and sport activities just for the sake of boys or girls who now look very attractive to you. All this is the result of a white substance called "semen" which is discharged through the urinal organ and whose discharge gives a feeling of ecstasy and great pleasure. This semen is the essence of blood. It is white, shiny and stinking substance which takes from blood its necessary ingredients. It contains a particular kind of germs. And these very germs are to play their basic role in the birth of a child.

The healthy and normal production of semen in reasonable quantity keeps us fresh, energetic, spirited, active and valiant. It

increases eyesight and strengthens mental power, ecstasy in heart and exuberant energy in mind. But if the use of semen is wrong, it exerts negative effects and causes many kinds of maladies including cheerless face, deserted complexion and a worn out physical and nervous system. Hence this precious substance must be carefully preserved and used with care and consciousness.

Semen is, in fact, something very precious and without which you cannot have in yourself qualities like bravery, wisdom, zeal and desired to do something new and valuable. This semen alone brings to you traits like manliness, broad-mindedness, virtues, honesty and courage to face problems and difficulties of all kinds, without which a man is worthless and cannot perform anything remarkable in this world too. It is because of this our conscious urges to preserve it. But ourself is so cruel that it exerts pressure to enjoy the moments by emitting it.

But think it my dear friends, what gives you so much pleasure by its discharge, may be augmented by keeping it safe and preserved. You can know its value only when you grow in age and be able to perform marriage.

My innocent friends! Any friend who gives you advice to emit semen is, in fact, your worst enemy. If you love your life and want to achieve success and prosperity in this world, you must reject the injurious advice of such enemies in the guise of friendship. You must rather avoid company of such persons. You keep this precious wealth with you so that you make use of it for your future progress and prosperity and enjoyment of life. Otherwise you may be likened to a traveller who loses his belongings right in the first stage of his journey and keeps watching other travellers with envy.

PRESERVATION OF THE ESSENCE OF LIFE

Keep in mind that this semen is quite raw by the age of 18 or 19 and is less in quantity. Hence if you start wasting it in this stage, your health is lost for ever. You will then be left like a house whose foundation has become hollow, and which may fall on the ground any time. Bear in mind very seriously that if you waste such a precious thing in any way no medicine can give you health, vigour, manliness, wisdom and zeal of life which you have by preserving it. Its loss will bring many fatal diseases which result in defective eyesight, loss of memory and digestion, stale face, sinking eyes, pain in legs and back, constant exhaustion, dizziness, fear, anxiety etc. In short, you become a dead body moving to and fro. It will take you from courage to compete with others and face troubles of all kinds. You will become coward, timid, dull-headed and sick losing all opportunities of progress and prosperity. Is it then an act of wisdom and good sense that you act on the advice of your self? This is a business which brings you joy for a few moments and grief of the whole life and tears in eyes for ever.

Evil talks of evil friends are accumulated in the mind and take the form of evil and vulgar thoughts which arouse erotic feelings and that ultimately lead to erection. Following this he or his own or with the bad counsel of bad characters gets indulged in rubbing his sexual organ and finally takes to masturbation. This process causes seminal discharge with an ecstatic taste. This is a very fatal act for it causes the organ to be shorter, thinner and weaker and gets bent in the middle. Thereafter, a man becomes out of use for his wife. He then passes his entire life in sighing and crying. It weakens one's will power. He then goes on masturbating on trifles. And the most

unfortunate thing is that once a person gets addicted to it he hardly gives it up.

Even if you anyhow get rid of this bad habit your reading of obscene literature and cheap dirty films etc. will again pull you back to this injurious habit. In such a situation you feel during sleep that you are touching a boy or girl and this will lead to nocturnal discharge. And you will rise from your bed in a state of impurity, anxiety and shame. And gradually this fatal disease goes on increasing, and he makes it a practice of life. The net result is complete destruction of health and vigour.

Keep in mind, if your thoughts remain impure and you fail to avoid reading amorous books and watching obscene films and nude pictures, hearing filthy talks of your evil friends and casting lustful eyes at boys and girls and giving them a place in your mind, you can never be able to save yourself from masturbation or nocturnal discharge which goes on increasing day by day and in the end your health will be totally lost.

WHEN BATH BECOMES NECESSARY

Before going ahead, it is to be kept in mind that when seminal discharge is caused with a taste either through nocturnal fall or masturbation or enjoying sex with the wife, bathing becomes necessary. And unless you take bath you are prohibited from touching the Holy Qur'an, saying Prayer and entering a mosque. To start with one having seminal discharge must first remove pollution from the clothes, then remove it from the body by washing the private parts followed by *wudu* (ablution) and then forming intent whether seminal discharge is being caused by nocturnal discharge or by having sex with the wife. First of all one should make gargalling followed by pouring water into nose and then on the entire body thrice. If one wants he can use soap as well. Make it a point that if you fail to clean thoroughly your mouth and throat and nose, your bath of the entire body will become nullified, and you will remain polluted. This same method of taking bath is for women also however, it is necessary for her to unfasten her hair and pour water up to the root.

In case you are ill and the use of water is supposed to add to the disease or you are making journey and water is not available, then you can depend on *wudu* or *tayammum* (dry ablution), but you should take bath as soon as the excuse is no more. If you make delay in taking bath without any rhyme or reason, you are bound to incur sin.

RINATION AT ONE'S OWN HAND

Please don't ruin yourself by indulging in bad habits like masturbation. If you keep doing this you are bound to weep helplessly before your wife after marriage, or flee your home. It will be almost impossible for you to talk to your wife staring into her eyes. But no amount of weeping or crying will then help you and you will have to bear the brunt of your folly. You can't keep your wife happy; she may either adopt unlawful means to satisfy her sexual urge or go away leaving you alone.

After too much damage to your physical and mental health you are netted by swindlers in the guise of doctors and lose your health further along with money. Medicines that are advertised in newspapers are fake in most cases, and you are too much frustrated to take refuge in the shade of suicide. But, in all cases, life to you becomes a burden which is to carry anyhow. But such a life is passed in the darkness of gloom and dismay.

Hence, my dear friends, never adopt such a bad and injurious habit and go not even near a filthy and dangerous act like masturbation. However, if you have already become victim thereof, promise by Allah, not to repeat this heinous act again. Make it a regular habit to promise not to indulge in such a crime against yourself while going to bed in the night and getting up in the morning. Moreover, utter the following with the sense of honesty and sincerity with all the conviction at your command:

"I am a man and will remain so. This is a satanic act and a dirty habit. I shall never go near it in future I promise it even today. And my promise is the promise of a brave man, and hence, it will be fulfilled. Curse of Allah be on such a heinous act."

If you repeat these words for a few days without fail, your will power will be rewarded with new power and strength and this shameful habit will take leave on its own.

Carelessness sometimes lead to seminal discharge in greater frequency giving birth to a very fatal disease called spermatorrhoea. It causes constipation and semen starts flowing with urine and without any taste whatsoever. Since it flows tastelessly, it necessitates no bath.

This disease dulls hunger too, cause constipation, dizziness, darkness before eyes, drowsiness, pain in legs and waist; complexion turns yellow and stale, cheeks lose flesh, eyesight weakens, and man changes into a moving corpse.

We shall, in the ensuing chapters, write some of the prescriptions to be used for curing these diseases.

SEXUAL HYGIENE

Keeping sexual organs healthy is known as "sexual hygiene" Take care of the following:

1. Keep the private parts clean and allow no dirt or sweat to accumulate.
2. Stop not urination for a longer time and get relieved of it as soon as need arises.
3. Pass urine before going to bed.
4. Constipation must not be allowed.
5. While taking heavy exercises it is better to use *langot* (a cloth generally worn by wrestlers between the legs to conceal nakedness) so that penis or testicles are not hurt, for sometimes extra forcing or lifting heavy weights causes elongation of testicles.
6. Hairs growing in these parts must be removed once in a fortnight.
7. If these parts develop any wound as it so often happens in case of syphilis and gonorrhea, remedy should be provided without loss of time.
8. One should go to bed early and get up early and make 8 hours of sleep a must.
9. Bedding should be a little harder and cloths for wrapping lighter and allow not anybody else to sleep in your bed.
10. Sleeping with others is highly injurious, harmful and unhealthy and hence this practice should be avoided at all costs.
11. Keep safe from quack doctors and physicians and much advertised medicines.

PRESERVATION OF POWER AND ENERGY

Childhood period ranges up to 14 or 15 years. It is followed by youth age which is, in fact, golden period of life. This period is the essence of human life. This is the period which gives birth to courage and determination. The age of interesting episodes and charming events begins right from here. Both men and women feel the awakening of sexual urge and passion and like to meet each other. But the lawful and permissible meeting ground for this is marriage. And the marriage is a kind of worship. Hence what is done against worship is evil. Thus keeping secret sexual relations with a boy or girl is quite sinful and will result in punishment in the next world. But such an individual seldom goes unpunished in this world also in the form of defame, disgrace and diseases of many kinds.

Relation between husband and wife is healthy and lawful. Hence for a healthy and safe future, one should keep preserved all kinds of power and vigour right from the beginning, for all these powers are being given by Allah Almighty to be used during youth. Sexual relation not only gives an opportunity to perpetuate human race but it contains a kind of taste which is unparalleled. But real taste is subject to its proper use at proper time. But if, unfortunately, you waste this gift of nature before its time out of your ignorance or bad company you may regain it after much efforts and expenditure or may not restore it at all.

This world of ours has always been in demand of "power". The secret of human progress and prosperity lies in physical, intellectual and spiritual power. But if any one of them becomes faulty or defective the rest also follow suit. For example, if you adopt bad habit of masturbation, it will not only destroy physical powers but also

moral and spiritual ones. A healthy and strong person also contains strong sexual desires. But if he leaves it uncontrolled and unbridled, it is not free from danger. However, if you keep it under control, you will see with amazement how noble and sympathetic you become. Sex instinct is the essence of power which awakens in man the spirit of nobility and bravery. If it weakens or gets lost one has to pass a worthless and fruitless life like a coward eunuch.

WET DREAM OR NIGHT EMISSION

With the advent of youth and puberty sexual passions and urges storm the life of a person. As and when someone comes to view or a romantic sexy song is heard or novels and stories with a tinge of romance and sex appeal are read, he turns excited, and if he doesn't keep himself under control there is chance for his steps to go wayward adopting bad habits and heinous and fatal diseases. He then becomes unable to pass a happy healthy life and make possible the birth of healthy child with sound body and mind.

Keep in mind that your health and vigour lie in your hand and you alone can make or mar your future.

Exuberant passion in youth keeps him restless and so often causes erection of sexual organ, but it happens only when the individual makes sex his centre of attention during his talk and study. Touching sexual organ frequently also causes erection. When bladder is full of urine it may cause his charge and hence one should relieve himself as soon as it is demanded. It also occurs when intestine is full of excitement or wind due to constipation and also from dirty talks and thoughts.

After puberty is attained semen keeps forming itself. And when the stock of semen is full it seeks some outlet for its discharge and make vacancy for fresh semen to be deposited in the stock. Hence, when the treasure of semen gets full it get involuntarily discharged during sleep. It gives pleasure too, and during dream it is felt as if he is engaged in sexual function. Discharge of semen in this way during sleep is called night emission" or "wet dream" or "nocturnal emission." If night emission is caused once or twice or thrice or four times in a month there is no harm. But if it is caused

most frequently or daily and without the treasure of semen being filled, it is something dangerous. When it is the way, it gets discharged even in the day by mere thought of sex. It is very ruinous. And the real cause behind this too much indulgence is erotic thoughts, love stories and sexual restlessness.

How many times should night emission take place? It differs from person to person according to nature and temperament. It generally takes place once in a week. But its frequency may change in the same person. Seminal emission is on the increase with the sex exciting talks, cheap novels, film watching and increasing interest in songs and music. Its frequency also goes high with the use of meat, egg, fish, tea, spices, intoxicants and sour eatables. It is because these things create direct excitement in the mind. Lying longer on the back side and getting wrapped in more warm cloth and sleeping in the soft bed also cause night emission.

What is the actual age of night emission cannot be exactly said. However, it is generally caused about the age ranging from 14 to 18. Sometimes it takes place in an age more than this as it so often happens with simple, pious and good-natured persons.

Night emission among the youths is natural. Hence one need not be afraid of this. What is needed is to avoid such desires, conditions and food which increase the frequency of night emission. Some young men think that an increase in the frequency of night emission would put male vigour and vitality on the decrease and they become so afraid and embarrassed that their nervous system is adversely affected and they go to the extent of psychological impotence. We give below some of the devices of bringing down the frequency of night emission.

HOW TO CHECK EXCESSIVE NIGHT EMISSION

1. Every such thing should be abandoned which cause sexual excitement.
2. Food containing strong spices, tobacco, tea, coffee and meat in excessive quantity be avoided.
3. Night meal should be taken before sunset or just after it.
4. One should do hard physical exercise during day hours so that he can sleep soundly in the night out of exhaustion and get physical and mental comfort in full.
5. One should strictly avoid sexual thoughts and sex-exciting books before going to sleep.
6. One should take to strolling before going to bed or read books of common interest but strictly of non-sexual nature.
7. One should invoke Allah to keep him safe from all calamities after saying *isha* (night) prayer.
8. One should never sleep on the back side; it is rather better to sleep on the right side.
9. One should pass urine before going to bed and penis should be washed with cold water so that the chance of any kind of sexual excitement is minimised.
10. One should use hard bedding instead of soft one for sleeping.
11. It is harmful to sleep with face covered or inside the quilt or with more warm cloth wrapped round the body, for it may excite sexual organ to cause emission.

Masturbation is such a habit which a young person adopt very easily and of his own. The reason is that when a boy attains puberty the increased length of penis creates in him a sense of amazement and curiosity. As a result of this the young man feels pleasure in touching and rubbing his sexual organ. He goes on doing this till semen is discharged with a kind of pleasure unknown to him as yet.

Now once a young man comes to know the pleasure of emission he makes it a practice to do it as and when he finds an opportunity. Thus he becomes a slave to the most harmful and damaging habit which weakens his health most rapidly. Gradually a time comes when mere sex-exciting thoughts may cause seminal discharge without even touching and rubbing the organ.

Constipation, itching, spicy foods, tea, exciting thoughts and conditions, auto-eroticism serve as a cause for the discharge. These artificial reasons leads to auto-eroticism. In most cases an aged person of loose character, servant of the household, classfellows, intimate friends and relatives make innocent youth indulged in this heinous habit of masturbation.

The adverse effect of masturbation affects the mind badly, causing restlessness, weakness of mind and eyesight, deficiency in will power and mental complexes of serious nature. As a result of this all avenues of mental peace, progress and healthy life are blocked. A masturbator becomes victim of organic diseases and turns impotent psychologically and mentally.

DAMAGES CAUSED BY SELF-EROTICISM

1. Since it doesn't require anything other than loneliness, this evil habit gains ground very easily. Thus the young man takes to this abuse so excessively that he crosses all limits.
2. This shameful habit turns the victim a lover of loneliness and evades meeting others, and, hence, he keeps from the bean and bustle of life.
3. May be a masturbator refuse to marry for fear of proving himself unable to handle his wife.
4. This dirty habit makes the penis shorter and thinner than the normal and bent in the middle with nerves raised and utmost weakness.
5. Since adolescence doesn't have a mature sexual organ any wrong function thereof means all-out destruction.
6. Sexual play between husband and wife is a natural source of childbirth and perpetuation of human race. But a fruitless exercise like masturbation which causes untold damage to the health of the masturbator puts the future human race on the verge of extermination.
7. A masturbator is sure to suffer from inferiority complex and evades assembly of people and turns unable to see eye to eye whenever he falls in a gathering.
8. It also creates in him a sense of crime and as a grownup person he considers himself morally criminal.
9. A masturbator always looks restless, sad and frustrated,

keeps lying low in courage and spirit and loses confidence in his abilities to perform anything good and great.

10. He loses interest in study, finds his memory weak, cannot keep anything preserved in memory, and lacks courage and confidence in taking part in any kind of game or sport.
11. He so often becomes target of a quack doctor and swindlers in the shape of physicians and loses both health and money.

WAY TO KEEP SAFE FROM SELF-EROTICISM.

The easy and simple way is to avoid all such devices which lead to sexual excitement. If one makes it a point to be in open and clean air, in good company and adopt proper style of life, to be engaged in the study of useful books, avoid loneliness, undue leisure and amorous thoughts to keep fruitful engagements, one should expel from his mind the poisonous fear of developing any defect and avoid medicines advertised in the newspapers and periodicals.

My advice to such youths is that they give full attention to keep themselves happy and healthy for weakness due to excessive masturbation can be cured only by keeping normal healthy life. It is in this way that all defects may be cured. Healthful food and proper exercise may come to rescue.

SEXUAL WEAKNESS

The period of youth is, in fact, the time of storms and urges. If a youth is not properly guided in this period he may start committing mistakes of serious nature. And since strongest desire arising in him is of sexual nature it demands its fulfillment by any means. At this turn of his life he is left with three avenues and each of them has its own way of leading to complete destruction.

1. First of all he takes to auto-eroticism which has already been mentioned in great detail. Since this way is very easy and smooth and has nothing to obstruct and what is needed here is nothing but loneliness, the youths, therefore, adopt this course which leads to the ditch of destruction.
2. Sodomy i.e. sexual relation with the boys. In such a case one is sexually directed to boys instead of girls and, since, establishing friendship with a boy is not very difficult it leads to fruition. But this way is more destructive. Allah Almighty has not created man for establishing illicit sexual relation with other man. It is very interesting to note that the birds, animals and beasts are far away from this heinous act of establishing sexual relation with the same sex. They cannot even think of this most unnatural act. But it is the sheer misfortune of man that he has himself invented the way to perfect destruction. The most wicked, wretched, corrupt and impure in the progeny of Adam is one who becomes the object of sodomy; while the most cursed is one who plays the role of the subject. We shall discuss this topic in great detail somewhere else, but one thing is to be borne in mind here that the subject renders himself unable to have sex with his wife because he turns

impotent, whereas the object cannot face his wife because of his foul and filthy role in life. As a result of this the wife keeps waiting for some other man for he very shamelessly wants to play the same role as any boy has been doing for him. Thus he is reduced to sheer ignomy in the eyes of his wife giving rise to quarrels and wrangles which ultimately ends in divorce. Moreover, the object becomes so much addicted to this corrupt practices that even as an aged person he is unable to get rid of it. Thus he turns ignoble even in the eyes of society.

3. The third course is that of adultery and evil-doing i.e. having sex with the girls. Allah Almighty has created man and woman in pairs, but this pair can meet each other lawfully only after marriage. But, in case, sexual relation be established between the two before marriage, it is a major sin which incurs punishment of stoning and flogging. But if the same act is performed after marriage, it turns to be a virtuous act. It gives real happiness, respect and honour.

But make it a point not to adopt any of these three courses for it will lead to utter destruction. Sodomy leads to defect in sexual organ. It becomes bent, thin and uneven. Its fatness goes off leaving behind very short excitement. Even a little stimulation, handling, manipulation and rubbing cause discharge. Besides this it brings destruction in the Hereafter and disgrace and ignomy in this world.

You must have seen advertisement in books and magazines and on walls concerning diseases like spermatorrhoea, night emission, impotence and exhaustion etc. These very advertisements bear witness to the diseases our new generation is victim of. Students of schools and colleges today look like autumn-ridden stale leaves instead of appearing fresh like flowers. They look like a picture with sunken eyes and shrivelled cheeks, pain in the back, weak memory, inferiority complex, sense of crime, low eyes, wild, losing hope in life, deprived of urges and courage, wavering will power and frustrations of all kinds. It is because to them life is nothing but a source of sex

satisfaction. They are so much lost in chasing and teasing girls that they are unaware of their own destruction.

But, however, the Great Creator has kindled lamp of hope for such persons lying in destruction, but for benefiting from it, it is necessary to first vow to abandon bad habits. You should consolidate your will power and create conviction in yourself that even after wasting a part of life you can restore your sexual, physical, mental and spiritual health by virtue of proper remedy and will power. You can go back to your past state of health and vigour and regain everything that was once lost by your carelessness and bad habits. All physical ailments can be cured provided the crimes are not repeated, the past is forgotten and ambition of passing a true, pure and pious life is aroused. If proper remedy is undertaken after all this, Allah Almighty is sure to bestow good health on you.

KNOW YOUR WORTH

May dear young men! You are the centre of your parents' desires and coolness of their eyes. Hopes of the country and nation are attached with you. The happiness of your family need you. Have you ever thought how valuable asset you are for others? You have within yourself a spirited soldier of an army, fertile brain of an industry and falcon of leadership. Great Creator has bestowed innumerable abilities and capabilities on you.

Keep in mind, no revolution in the world, whether political or social can take place without the support of youths. Who is unaware of the sacrifices of the youths like Hazrat Ali and Hazrat S'ad Ibn Abi Waqqas in the success of the Islamic movement? The way the youths of Iran shed their blood for bringing about an end of sovereignty in Iran has filled one and all with wonder. I tell you all this to instil in your mind your own worth and value. But all this is possible only when you are sound and healthy both physically and mentally and you are replete with moral and spiritual power. It is under this condition that success will draw near. But, however, if you are deprived of anyone of them your future will not bring message of joys for you, and frustration will encircle you on all sides.

Since a youth, because of strong desires, loses his balance and wanders about, we have made a little effort to give you some lead so that you are saved from bad habit and disease which may lead you to the ditch of destruction.

WANDERING LUST

Immodesty is at its peak these days. Both the regard for parents and fear of Allah are absent. They are only mad after lust and pleasure. Young girls roam around in attractive make-up, while boys follow them. Both of them then see one another with lustful eyes. Now the self incites them to establish friendship and seek pleasure by physical contacts. From this day on you continue to be deceived by evil persons and see beauty in a certain girl and follow her and wander about the whole day and go to bed alongwith her thought and see her even in dreams. As a result of this you gradually lose your health, waste your time and energy, lose interest in study, and one day or other put your personal and family honour to disgrace. The example of such boys is like that of a traveller who leaves for the station but gets engaged in pleasure and entertainment in the way and arrives at the station after the train had left. In short, you waste golden part of your life and health after being entangled with boys and girls and keep crying for the rest of life and the arrow once shot cannot be restored.

Young friends! This is the best part of your age when you can keep healthy and strong. It is the time when you can preserve your health, earn name and fame through sports and games, make your future bright by gaining knowledge, learn different kinds of arts and crafts. But if you lose this age in wandering about and roaming around, you will lose opportunity for ever.

This kind of wandering lust increases the frequency of night emission and there is loss of health, appetite, sleep and peace, and gradually everything is lost.

Keep well in mind, if you establish friendship with any girl and you feel that you will enjoy life with her or you do it after winning her

hand in marriage; be sure that you are committing grave mistake. It is very true that marriage without the will and pleasure of parents ends in failure. Even if you marry the girl of your choice by insisting too much, the marriage is bound to shatter in a very short time and you will start hating each other. This will lead to a life of misery and sufferings. Never forget that the girl who can establish pre-marital relations with you going against the will of her parents may, after marriage, leave you to establish relation with someone else. When the rage of youth subsides and both of them start living like husband and wife and shoulder the burden of the household, the hard realities of life come to the fore. At first, both of them try to show their good taste, temperament and behaviour to each other and hence their demerits and shortcomings lie hidden from each other's eyes. But by living together all the time their hidden evils, weaknesses and follies come before the eyes of one another and friction, bickerings and wrangles start. Keep well in mind, all that glitters is not gold, nor every beloved could make a good wife.

You must have heard that divorce, suicide and boredom are very common in western countries. The simple reason is that young boys and girls keep enjoying life of lust and start hating each other afterwards.

We seek to give hereunder the sayings of Allah and His Messenger (peace be upon him) regarding a life of modesty and piety. If they are strictly kept in view and practised in day to day life, you are sure to pass a happy and peaceful life in this world and achieve real success in the Hereafter.

VAGARANCY AND MORALITY

1. Every religion has its distinct morality and the distinct morality of Islam is shame.
2. Modesty is also one of the branches of *Iman* (Faith).
3. Modesty and Faith co-exist.
4. Vulgarity is defect and demerit while modesty is beauty and decoration. One practising vulgarity cannot show himself clean and flawless. His demerit and defect will, one day, come to the light, but the modest will always look beautiful and graceful.
5. Modesty means keeping full control over one's thoughts, saving stomach from unlawful food, remembering death and keeping in view the melting of bones in the grave. Anyone who looks for a better Hereafter should abandon the lusts and luxuries of the worldly life. One who makes such a practice, in fact, fulfils the rights to modesty as ordained by Allah Almighty.
6. If a strange woman comes in view all of a sudden, one should turn his eyes away.
7. If a strange woman comes in view one must not see her again, for seeing her again is sinful, and melted lead will be poured into such eyes on the Day of Judgment.
8. One to whom a strange woman comes in view but he turns his eyes away, will be awarded with the sweatness of Faith and taste of prayer.
9. Woman is worth-hidden. Thus when a woman goes outside of her house satan incites men to look towards her.

10. The Messenger of Allah (peace and blessings of Allah be upon him) has cursed the woman looking towards strange men and men towards strange women.
11. Neither man with man nor woman with woman should sleep in one cloth.
12. One who looks towards strange woman with lustful eyes commits adultery of heart.
13. Adultery is a major sin and adulterer men and women incur grave punishment.

CONSEQUENCES OF THE LUTS

Your '*self*' makes you entangled in such evil things which keep you losing your health, wealth, character, name and fame. I would like to tell you something which keep out of the clutch of that condemned self, and whenever it attempts to put you to test you should seek Allah's help and shelter.

You must have read in the Qur'an mention of a great Prophet named Hazrat Lut (Lot) who was nephew of Hazrat Ibrahim (Abraham) peace be on him. He lived in an area of Urdun (Jordan) where now lies Dead Sea. Two big cities named Sodom and Amorah were then found there. The people were very prosperous and lived in a luxurious manner. Satan entrapped them in an evil which no community had practised prior to that period nor anybody knew about that. The evil was that of sodomy i.e., intercourse with the same sex i.e. males.

Thereupon Allah Almighty enjoined upon His Prophet Hazrat Lut (peace be upon him) to preach them righteousness and pure way of living. In response to the call of Allah Almighty he took to preaching them his whole life, but those wretched and unfortunate people would not listen to him and turned not away from their shameful and sinful act. They were so unfortunate that this evil act turned good for them. And this practice took such a turn that they started performing it in groups and gatherings without an iota of shame and modesty. Thereupon Allah Almighty commanded Hazrat Lut (peace be upon him) to leave the area in the darkness of night. Following this Allah Almighty caused rain of stones from the heaven and sank those two cities to change into sea. This is now called "Dead Sea", whose water is stinking and bitter so much so that even fish cannot survive therein.

In short, not a single person remained alive, and as a consequence of their evil deed Allah Almighty sank them with their goods and chattels.

Hence everybody should avoid this evil act otherwise he may suffer the doom of the people of Hazrat Lut. Islam has the punishment of slaying for such a beast. This heinous act renders sexual organ weak and its veins dead rendering the man to impotence. Those innocent children who are good-looking, become victim of their lust. Bad characters and evil friends lead them to indulge in this filthy act. Thus they themselves face destruction and also put these innocent boys to target of evil ways of life. This heinous act is called "sodomy."

We seek to tell you the sayings of Allah and His Messenger (peace and blessings of Allah be upon him) concerning such a bad act so that you keep them in mind to shun such a dreaded evil and save yourself from the destruction of body and mind and the wrath and displeasure of Allah and His Messenger (peace and blessings of Allah be upon him)

SODOMY AND ITS PUNISHMENT

For a shameful and satanic act like sodomy, Allah and His Messenger (peace and blessings of Allah be upon him) have issued the following injunctions:

1. What a bad thing that you achieve sexual satisfaction from males setting aside women: What can be a greater disobedience than this?
2. The one who commits sodomy with a woman is an unbeliever.
3. Committing sodomy with one's wife is also prohibited (How grave a sin can be incurred by doing this with a boy?).
4. When a community is excessively indulged in this heinous act, Allah Almighty takes back His support from it, and He cares not even if it is killed in a forest.
5. Anyone who commits this shameful act with an animal remains under the shadow of the wrath of Allah all the time.
6. Committing this evil act with an animal is ordained to be killed.
7. Anyone committing sodomy or playing the subject for this act is such that even his uttering of the Word '*la ilaha illallah Muhammadur-Rasoolullah*' is not at all acceptable; how can then other prayers be accepted? Hence this is nothing but unbelief.
8. Allah Almighty does not even look towards the man who commits sodomy with a male or female.

9. The Islamic jurists have opined that such sinners should be made to stand below a broken building and it should be made to fall upon so that they die a death of disgrace.

Besides being sinners of the worst kind, such youths spoil their health, nay their entire life and future. Veins of their organs is dead and they turn impotent. Thus they feel miserably to fulfil the needs of their wives. Moreover, it leads to fatal diseases like syphilis and gonorrhoea which eat into the vitals of the person, and with the result, he looks like a moving corpse. What a shame that you act like this instead of reading and writing and playing healthy games. Tell me how will you face your Creator and Nourisher? This shameful act of yours will certainly put you to disgrace and disrepute and you are sure to be looked down upon in the eyes of friends, relatives and neighbours.

ADULTERY AND ITS PUNISHMENT

My dear young friends! Keep yourself from it for it constantly keeps inciting you towards evil acts. Your schools and colleges are hunting grounds for such evil doings. It is lawful for you to enjoy physical contact with your wife but the same act with any other woman is a major sin; punishment for which is stoning in some cases and flogging in others. Committing adultery leads to utmost weakness and various kinds of fatal diseases. Such a person is never to get rid of organic diseases, palpitation of heart and utter embarrassment. We give below some of the important sayings of Allah and His Messengers regarding adultery:

1. Each man and woman committing adultery (if both are married) will have to receive 100 flogs and the punisher should express no mercy to the doer of the sin as per the command of Allah for those believing in the Day of Judgment. Moreover, a band of Believers should keep present on the spot (so that people in general learn a lesson).
2. Go not near to adultery for it is the path of immodesty and evil.
3. One who commits adultery, in fact, paves the way for others to come to his home for committing the same act.
4. Married men and women, if commit adultery, should be stoned to death.

These are the punishments that are to be given in this world, but, however, if one escapes this punishment in this world, he will have to suffer punishment in the Hereafter.

Adultery keeps blessings off and makes the lustre disappear from his face, while signs of ill-omen keeps looming large upon his face; his entire family loses its honour; fatal and heinous diseases like syphilis and gonorrhoea; there is loss of courage and excess of care and anxieties and a disgraceful death at the end. Hence if you want grace and respect in this world and the Hereafter, you should keep from such a heinous act. And if, in spite of all this, any evil desire seeks to raise its head you say to yourself in loud voice:

"I am a Muslim and the son of a noble family, hence I will never commit such a shameful act. I will rather become a great man and, therefore, I condemn such a disgraceful act."

This will create in you a sense of confidence and you are sure to save yourself from this satanic act. Establish no close relation with strange girls and boys, nor try to throw all etiquettes to winds while coming into contact with them. In case anyone make an attempt to come closer to you with bad intents, you rebuke such persons and tell them in rather harsh words:

"I am not so disgraceful and vagabond like you. I am rather a true Muslim and Allah keeps looking me all the time, and I cannot afford to make him displeased."

Bear in mind, this evil and heinous act, that is, committing adultery leads to ruination of modesty, honour, faith and morality on one hand, and health and wealth on the other.

It also invites curse and condemnation from Allah and His Apostle. You must have seen people having such a bad conduct and character and then having overpowered by ferocious diseases. And the situation keeps worsening to the extent that daughters and daughter-in-laws of such a household follow suit and thus the entire family gets dashed against the rock of good name and fame.

MARRIAGE

With your marriage you are sure to turn a new leaf of your life. But make it a point to marry anyone with the consult and under the guidance of your parents who are more experienced and a great well-wisher of yours. They will certainly bring for you a relation which would prove graceful and respectable in all respects. But, in case, you keep your will above that of theirs, you may fall into ditch and incur loss.

Marriage is the beginning of a happy life, where you pass through varied experiences. May be your unwise or shrewd friends frighten you with the consequences of a marital life, but, keep in mind, this is a pure and fruitful relation. Why should then be afraid of it?

Allah Almighty says:

"Behold! What's an obligation of Allah Almighty that he made pairs for you from your own race so that you attain peace and instilled love in you to live in peace."

"Your women are like garments for you and you are like garments for them."

That is, as body and garments are very closely related to each other so is the relation between husband and wife, and as man cannot live without garments, husband and wife also can not live without one another. Moreover, as garments save one from the rigidity of weather so also husband and wife become shield for each other in the face of troubles and calamities.

Bear in mind, garments serves to safeguard honour and respect. It saves one from nakedness and immodesty. Similarly,

husband and wife also are the saviour of each other from nakedness, immodesty and debauchery and allow not one another to be looked down upon by anyone. Moreover, as the clean and beautiful garments give one a sense of pleasure and beauty so also husband and wife keep each other happy and peaceful.

Allah Almighty says that He has created husband and wife to enjoy each other's company and achieve peace and tranquility. Hence He also produced in them love and mercy. Moreover, Allah Almighty asks men to behave politely towards their wives.

Even if you dislike one thing of your wife Allah Almighty may put a number of likeable qualities into them. It goes to prove that one should treat his wife with utmost patience and broadmindedness.

The rights of husband and wife that Allah and His Messenger have ordained are the following. Keep them in mind and put into practice.

1. A husband is the protector of his wife. He has to make an earning and shoulder the burden of the entire household. The responsibility falls on the wife that she guard the earning of her husband and rear his children.
2. The worst person on the Day of Judgement would be one who shared secrets with his wife and then disclosed them to others, i.e., private affairs of his wife disclosed to his friends.
3. The best among you is one who is the best for his wives.
4. A Believer must not keep grudge against his wife; if any one habit of hers is disliked by her husband, another one may be liked by him.
5. Eat and let your wife eat as well; dress yourself and make her dress too; strike not at her face; and think not anything evil for her.

When, after marriage, your wife comes your home then treat her in a better way, for that poor fellow has come to quite a strange

house leaving the house of her parents and brothers and sisters. Hence she must not be shown any such behaviour which turn her sad and disturbed, and you become tyrant and selfish in her eyes. To you the sole purpose of marriage is to cohabit with your wife, i.e., enjoying physical contact with her, and your friends also must have told you likewise, but, in fact, the only purpose of marriage is not marriage. A wife is indeed the trouble-shooter; and you know very well how difficult it is to travel alone. During travel one needs a companion who is expected to help passing the journey in joy helping and supporting each other who can be a better companion than the wife who is ready to serve you all the time. Now if both the companions share each others weal and woe, needs and rights, their journey of life would pass happily and peacefully. Hence to consider sexual intercourse the sole purpose of marriage is a great folly. It is, no doubt, fulfilling one of the basic needs of life, it also keeps human race perpetuating and creating true happiness and pleasure in life and warding off wandering lust as well

SECRETS OF PRIVACY

It is common practice that the husband starts flirting with his wife right in the first night which, so often, a wife dislikes; for, as a newcomer to a strange house she does not like to very open and above board. Such a flirtation makes her feel ashamed and frightened. Her girl friends would have also frightened her with the teasing behaviour of her husband and too much painful intercourse. Hence it is the first and foremost duty of the husband to first bring her newly wed wife closer to himself by his simple and easy loving gestures so that doubts of strangeness disappear and her company is fully and perfectly enjoyed.

It is better if cohabitation is delayed by a night so that she comes under the effect of your love and charm and in return for this she will herself start you loving. It is then that all your actions will attract her and draw her closer to you. This is the most suitable time for having sex with her as she will not only enjoy your sexual behaviour but will give you her active support and loving response.

Some people try, in the first night, to fill her wife awe so that she keep fearing him the whole life. But it exerts adverse effect, for such awesome attitude may put their whole marital life in jeopardy. The bond of love is broken right in the first night and conjugal relation becomes one of hate and bitterness.

Keep in mind that having sex most frequently is injurious to health, but it does not mean that one keep from this in spite of company of young wife. This is also injurious to health both of husband and wife. In such a condition both feel cheerless, unhappy and embarrassed. Cohabitation should take place in a state of health and not more than twice or thrice in a week.

Below is given some important directions regarding some rules of having sex:

1. Sexual union should take place three or four hours after dinner.
2. Never commit sexual intercourse stomachful or empty stomach.
3. Food taken must be light but nutritious. There must be excessive use of milk, ghee, butter, egg, fish, meat, pulse, vegetables etc. Fruits should also be taken for removing weakness.
4. Dry fruits like almond, pistachio nut, walnut, the kernels of the pins etc. should be used to bring vitality to the body.
5. Dinner should be taken earlier to keep the stomach lighter at the time of copulation.
6. Use no medicine, particularly those which are put on sale in the market.
7. Acidity, pickles, vinegar, tea, sweetmeat and cigarette should be used less and less.
8. Take bath right in the night or at dawn before the morning prayer. This is called "bathing after copulation." The method of such bathing is that one should remove the pollution first of all and then gargle properly so that mouth and throat are perfectly cleaned followed by pouring water into nose to make it clean and then face should be washed thrice followed by pouring water on the head so that each hair is wet and then pour water on the whole body so that the whole body is properly washed. Form intent of the type of bath to be taken. Keep in mind that, without this kind of bath, one is prohibited to touch the Holy Qur'an, to say Prayer or to go to mosque.
9. The best period for copulation is between 11 p.m. to 2 a.m. in the night. In this way you will have two hours of sleep

before copulation and four or five hours after it to have proper rest and sleep.

10. Before committing sexual intercourse the husband should try to prepare his wife for the purpose to be achieved mutually; otherwise she wouldn't feel satisfied and happy with the sexual act. For this purpose in view the husband is required to touch and handle and rub sensitive parts of his wife so that sexual passion is fully aroused in her and she too feel sexual urge in her and thus both the partners come to play this with full satisfaction.
11. Sexual union in the day is not proper. It creates immodesty and shamelessness in the couple. Babies born out of this union will also show shamelessness. This is also injurious to health.
12. Drinking water 15 to 20 minutes after copulation is medically advised. If hot milk is taken after this period or a little *gur* (molasses) is taken it is more useful.
13. The husband should pass urine before committing sexual intercourse, it increases taste; he should also pass urine after copulation as well so that he is saved from any kind of venereal disease.
14. It is better for the woman to pass urine before sexual union. But she should avoid urinating for some time after the copulation and keep lying on her back for it helps conceiving.
15. The couple should remain free from any kind of frustration, care and anxieties at the time of committing sexual intercourse.
16. One should not commit sexual intercourse during illness, whether it is major or minor; otherwise it will lead to great harm. It should be avoided even during cold and catarrh.
17. Bear in mind that women bleed from the vagina every month for 5 or 6 days. This is called monthly course.

Having sex with a woman during this period is highly prohibited and injurious to health. It leads to fatal diseases like syphilis, gonorrhoea, scabies etc. *Shari'ah* (Islamic laws) has forbidden it in strong words. However, one is permitted to touch and handle parts of her body only above her navel i.e., her face and breasts etc. There is also no harm if one sleep with her for few hours. But, however, if there be possibility of sexual union it is better to keep from the woman during menstrual period.

New brides are sometimes unknown to these issues and problems. Hence you should be careful about and make an enquiry from her before committing sexual intercourse.

18. One should not have sex with his wife during the last 3 to 4 months after she has conceived, otherwise she may fall ill and even the newborn is affected adversely.
19. After the childbirth the woman bleeds from her vagina for about 40 days. This is called *nifas* (discharge of blood after the child-birth). Hence one should keep from committing sexual intercourse with the women during these 40 days. *Shari'ah* has forbidden this in strong words and has declared it prohibited. Moreover, it is very harmful and injurious to health. It results in disease like syphilis, gonorrhoea, scabies etc. which are of fatal nature.
20. Reason demands it that one should hold back from having sex with his wife for long after the childbirth so that the next baby is not born in a short duration and the first child is also not adversely affected. Moreover, it is necessary to save the youth of the woman.
21. One should not exert undue pressure on the woman for sexual union. It may cause deterioration in health and vitality. She may surrender to the will of her husband, but in such a case the husband gets discharged earlier and the woman is left unsatisfied. This may lead to bitterness in conjugal life and the woman starts hating such a selfish

man. Hence one should avoid such a displeasing act. If the woman is forced for this unwanted act time and again and everytime the man incur early discharge without satisfying his wife, she may develop hysteria which causes tightening of body, screaming and crying and getting unconscious which is so often construed as the woman being under the effect of a jinn.

22. If seminal discharge is caused earlier than the woman there is no harm. But if it happens as a matter of habit it means your semen has become thinner and you have developed the disease of "hasty discharge." And it needs remedy.

Although it is not very dangerous. But it may lead to the development of hysteria in the woman, with the result she is unable to bear child. Moreover, sexual union with such a woman gives no pleasure. It rather causes anger and a sense of frustration. Man's will power is weakend and self-confidence is gone. And it results in the woman dominating her husband and turning disobedient and impudent. She looks down upon her husband. This disease is generally caused by dirty thoughts, masturbation, sodomy, excessive copulation, frustration and extreme fear. A psychological remedy thereof is to keep thoughts under control during copulation. One should avoid restlessness and strong passion and develop self-confidence at this stage. It is helpful to say these words in such a situation.

"I am not sick. I am not a patient of hasty discharge. I am a gentleman, healthy and strong as a man. How can this weak woman face me? I am the dominating partner."

If you utter these words and turn your thoughts away from what you are going to do, this hasty discharge can be checked. However, remedy must be sought for this.

23. Daily copulation will keep increasing sexual desire day by day and both the partners will go mad after sexual union, and its fulfilment will put your health in jeopardy.

24. You should maintain great patience in respect of coition and take any step with much consideration, for it is not a matter of a day or two; it is rather a matter of life. It is also harmful to sleep together and one must be cautious about it.
25. If you fail to keep from masturbation, sodomy, wandering and night-emission during youth and keep wasting your semen like this you will catch fatal diseases like spermatorrhoea, night emission, hasty emission, exhaustion, impotence etc. and you will become unable to have sex. How tragic it is: What a matter of dishonour and disgrace it is: What will your life say? She will so often rebuke you and you cannot raise your eyes before her. Such impotent persons die during their lifetime. Moreover, wives of such people deviate from their normal course and turn adulterous by establishing sexual relations with other persons, for they are sexually dis-satisfied with their husbands. And it is the height of misfortune that such husbands know the fact very well but don't have courage enough to stop their wives from doing so.

Hence it is but essential for you to keep your health and character safe and sound. It is the only way for you to attain success and happiness in your life and also the love of your wife. Hence try to shun all evils.

HOW TO KEEP PEACE AT HOME

1. Take care of each other's rights.
2. Keep fulfilling reasonable needs of your wife, but allow her not to become spendthrift nor make her needy in matter of expenses.
3. Both the husband and wife should take care of one another.
4. If the wife becomes angry or displeased, you should try to bring her to your way very politely. Scolding and chiding most frequently and at trifles worsen the good relation and fronts are formed between the two. The Messenger of Allah (peace and blessings of Allah be upon him) has said: "Woman is born from the rib; if you try to straighten it, it will break." It means you try to keep patience.
5. Politeness and sympathy do not mean that you become slave of your wife and start dancing at her tune. Keep in mind that one who fulfils all the desires of his wife keeps lying in trouble for the whole of life.
6. If you are harsh and rough to your wife and treat her with rudeness, carelessness and short-temperedness, the woman gets an opportunity to look towards anybody else for love and sympathy. Hence one should always show her sweet temper and politeness.
7. You should appreciate the quality if there is one in her, and help her remove if there is any defect in her.
8. Teach your wife if she is illiterate. It is an act of great virtue. It is also a source of peace at home. And if the wife

is literate, give her religious books to read. It will benefit you also. Besides getting reward you will see that your wife is able to apply more decency and nicety in household work and shoulder the responsibilities of her husband, children and other members of the family in a very fine manner and quite up to your liking. Being literate she can very easily and nicely teach and train the children for a better future. Moreover, she will learn to distinguish between the permitted and the prohibited. She will learn to obey her husband too, besides being virtuous and pious.

9. Never invite your wife to seeing films and other such programmes for they will contribute to the destruction of peace at your home.
10. Whenever you have moments of joy or attain success or you come back from a long and distant journey, make it a point to bring some gifts for your wife; it enhances love between the two.
11. Seek her advice too in household affairs, she will appreciate it and hold you in esteem. This will create in her sense of importance. However, her advice is not binding on you but you can accept it if it is reasonable and practicable.
12. Hold your wife back from meeting women of loose character and strong men without any hesitation otherwise it will result in great harm.
13. Keep your conduct fair and spotless. Never think of any other woman, otherwise your wife will start hating you and thus your relations with your wife is sure to be straightened causing great damage.
14. Take care of your wife's health lest she will fall ill and you may not tell others about her disease out of shame.
15. Don't show anger at small mistakes committed by your wife and keep patience. However, she must be severely stopped if she shows any sign of misconduct.

16. Never disclose secrecies of your household or private matters of conjugal life even to your fast friends for it leads to disgrace and ignominy. Allah and His Messenger has forbidden it in strong words.
17. Mutual true love, confidence in each other, knowing taste and temper of one another and forgiving mistakes and fault committed by any one of the two should be pardoned.
18. Don't consider your wife a film actress or a club dancer etc. nor try to make her one otherwise you will loose your respect and honour.
19. Making a surprise visit to your house will keep your wife alert and graceful.
20. Making your wife wear costly garments eat very nutritious food alongwith other means of luxuries will, at last, lead to great harm, for you will have to indulge in unlawful earnings and your wife to become extravagant.
21. If mutual wrangles or dispute lead to divorce, one should first put the matter before one's parents and elders of the father-in-law's family. This may save the situation.

Allah Almighty says that in case mutual wranglings worsen the situation, it is reasonable to choose one male arbiter each from the two families to search out some suitable solution of the dispute. In case intention of both the parties is clean, Allah Almighty will anyhow bring peace to them.

Keep in mind that divorce besides being lawful, is hated by Allah Almighty. Hence one should refrain from divorcing as far as it is possible. But if situations gets worsened so much that there is no way out, one should let it go peacefully and smoothly. Any kind of accusation or attempt to put the women to disgrace and ignominy is undesirable. Both of them should pass a separate peaceful life after divorce and look forward to a bright future.

The *shara'i* (lawful) and nice way of divorcing is that when the

woman regains purity after menstrual bath she should be told that since she had committed such and such undesirable acts or if she failed to hold back from such and such acts she will be divorced once. The husband should then wait till the occurrence of next menstruation i.e. for one month. The woman shall pass this period in the house of her husband but the husband will keep from having sexual intercourse with her. Now if the woman would be wise she would try to change her behaviour to conform to the wishes of her husband. Now if the situation improves till another menses and there was nothing to complain against her they would be permitted to live together like husband and wife. But, in case, the situation doesn't improve or it further worsens her fault will be pointed out to her in clear words after the end of the second menses period (what is called *tuhr* in Arabic); she will be then told that since she failed to change her ways she deserves another divorce. Now if there is no evident improvement till the third menstrual period was over, she is to be restored only after performing nuptials once again. But if the situation remains till the occurrence of the third menses she will be divorced third time (saying in clear words that she is being divorced for the third time), and then the wife will be separated for ever but with dignity and in good faith so that she is at liberty to perform another marriage according to her choice, and the husband is free to do it as per his desire. Now you cannot restore your wife before her marriage to anyone else and only after being divorced by her second husband with his free will. Such type of woman is called "*halala*".

Young people often divorce their wives thrice at a single stretch in a state of anger. But they, however, repent after their anger subsides. But it is all over by now. Hence each of you should think over the matter repeatedly by taking such an extreme step like 'divorcing'. The dispute may be placed between one's parents and elders of the in-laws. But if the matter goes on worsening without any sign of improvement the extreme step of obtaining divorce is permitted.

22. A religious and God-fearing wife even if she is dark-complexioned is thousand time better than a beautiful or fair-complexioned but irreligious and unrighteous wife.

23. You are fortunate if your wife is religious by nature, for nothing is better than this. But if she is not religious you should make every effort to make her so. And there should be no concession concerning this. In this way you will get reward on one hand and pass a happy life with her on the other.
24. Your wife should not be allowed to enjoy any exemption in regard to religion, otherwise your house may be ruined and your honour may fall into disrepute.
25. Men of faith are indeed those whose relations with their wives are happy.
26. A virtuous wife is the best favour among the favours of Allah; one should pay thanks to Allah after receiving such a favour.
27. If dispute arises between daughter-in-law and mother-in-law one should take very cautious step since it is a very delicate matter. Both the mother and wife have their rights and hence rights of none should be trampled upon. Most often the basis of wrangles between the two is desire to wield power. The mother-in-law wants that her rule continue as usual, while the daughter-in-law likes that her importance be recognised and advice accepted.

This type of bickerings day in and day out makes the position of the son very delicate. He is sometimes rebuked by his mother that he has made his wife dominate her in household affairs, while his wife weeps that his mother has made it too difficult for her to live. Thus the young man finds himself in a fix. He cannot decide whom should he support or oppose; in case he remains neutral, bickerings aggravate and go on endlessly. Siding with one makes one displeased and another invoking curse. And it is almost unbearable to have one's wife displeased during young age.

This kind of dispute makes the boy fed up with the household environment and decides even to leave the house or develops any fatal disease or leaves the house alongwith his wife severing all

relations with his parents. Such a situations leads also to frustration of very serious nature which sometimes results in developing inferiority complex. Thus the peaceful atmosphere of the household goes to dogs and it turns into Hell. Truly speaking, your wisdom, nobility, loyalty and intellect are on test here. If you pass safely through such delicate moments and keep both pleased and satisfied you will attain success and happiness.

Keep in mind, Heaven lies beneath the feet of your mother. It is impossible to go to Heaven without serving her. But your wife also has her rights and she has entrusted her entire self to you leaving her parents, hence her rights must not be curtailed or destroyed completely. You are left with only one alternative that you make both understand the difference with politeness, love, morality and reasonable argument. This will, Allah willing, solve the problem and bring peace. For solving such a problem the principle of "give and take" plays a very useful role. You may treat to instil in the mind of your mother that her daughter-in-law is after all her daughter, and the mother should be soft in her attitude towards the mistakes and faults of her daughter and only elderly person like you can give her lead in all affairs of life. One should make her wife to keep in mind that her mother-in-law is, in fact, her own mother, and it is a matter of great fortune to serve and obey her and keep her pleased and satisfied all the time. This pure and sincere service of yours will bring peace and happiness in both the worlds. Thus if you try to bring peace in this way you will get the help and support of Allah Almighty.

28. Sometimes after marriage life passes happily because this is the period of emotional love and they keep ignoring each other's mistakes and shortcomings. But when this fervour subsides, misunderstandings and differences start growing. In case the husband chides her for some fault and she, instead of paying attention to her fault, protests at his behaviour doubting his love for her self what she enjoyed in the past. The husband feels, on the other hand that she lost her past fervour and restlessness for him. But, in fact, all these complaints are groundless. But, if these

misunderstandings are left to grow, a situation may take a serious turn. Love and doubt are twined with each other. Hence none of them should shower praise on the other nor show too much love and restlessness in the beginning for both the partners get used to it and even a little difference produces doubt in their minds. It also doesn't mean that they avoid expressing it altogether. A few sweet words for the wife win her confidence and love which lead to a peaceful happy home.

29. You should keep her learning small things in keeping the house clean and beautiful and setting it right. This will enhance your position in the eyes of your relatives and neighbours.

DISEASES AND THEIR REMEDIES

With good conduct and character, suitable food, reasonable exercise, pure thoughts and happy manners contribute largely to good and sound health. But if these things are ignored, diseases of various kinds find easy access to you. We shall make an attempt to suggest some remedies to some of these diseases so that you have your remedy ready at hand without being entrapped by quack physicians. There are three types of remedies in our country: 1. Allopathic 2. Unani 3. Homeopathic

We would seek to provide you with the list of easy, simple and cheap method of treatment. Homeopathic way of treatment is more simple, cheap, effective and tasty among the three. We shall, therefore, prescribe such medicines which belong to Homeopathic way of treatment. In every town and city of India you can buy these medicines from Homeopathic stores at a cheap price and consult Homeopathic doctors as well.

We shall attempt to discuss only those diseases which we have mentioned in the last pages and which can catch young boys and girls in most cases.

1. Masturbation

Youths become victim of this heinous practice in the company of evil friends and companions. Self-confidence and will-power are very much required to get rid of it. Promise yourself firmly not to go near this shameful practice. But if erotic thoughts keep you disturbed and perplexed, take Homeopathic medicines like *Slexnigraq* or *Uafisgariaq* or *Originumq*.

2. Injurious Effects of Masturbation

The bad effects of masturbation show themselves in the following ways:

1. Defects in sexual organ, like going bent, thinner, shorter with veins raised reducing the chances of erection or causing no erection.
2. Causing hasty discharge
3. Causing fatigue.
4. Becoming impotent.
5. Causing organic weakness.
6. Causing wild reactions, irritation, frustration and enhancing embarrassment etc.

Best remedy for all these diseases is Acid Phos Q. Two drops of this medicine mixed with a draught of water is to be taken thrice daily, i.e., morning, noon and evening. After using this for a few days these diseases will go.

For total defects in sexual organ it is advisable to prepare a medicine by mixing $\frac{1}{2}$ ounce of arnica Q and $\frac{1}{2}$ ounce of Lycopodium Q mixed with a pound of olive oil. This medicine should be applied to sexual organ and the organ is to be massaged gently for some time. But this act of massaging must not go for a longer period or too roughly otherwise it will cause erection and masturbation habit may be formed. This kind of massaging needs not taking any prescribed diet.

If a woman develops excessive desire for sexual intercourse she is advised 8 drops of Originum Q mixed with a draught of water to be used thrice in a day. She will become normal after taking it thrice.

Night Emission

Getting involved in evil thoughts causes night emission. Purity

of thought is necessary for keeping safe from those scourage. We have mentioned in the last pages a number of devices for guarding against this disease. Now we prescribe some medicines:

Make it a point to pour some cold water on your sexual organ so that sexual urge is subsided. However, if you feel greater urge take two drams of Selenium 200 and use it in the form of 5 drops mixed with a draught of water consecutively for four or five days, then once in a day and after that once in a week. In this way you will get rid of this disease.

However, if you eat water chestnut or a few almonds or a few grains of *mash* pulse and gram after soaking and softening particularly in the morning, this disease may go.

As a matter of prevention one has to keep from warm things like egg, tea, cigarettes etc.

Spermatorrhoea

When a few drops of semen is emitted before or after passing urine it means spermatorrhoea has developed. It may also be cured by medicines taken in night emission. Sometimes it so happens that semen doesn't emit before or after passing urine, but the young fellow keeps weakening day by day. He loses his memory, brightness of face and has his cheeks shrivelled, develops backache, fatigue, weakness and frustration. These are all signs of spermatorrhoea. You may also diagnose it in this way; eat your dinner early and deposit the urine that passes till morning in a white bottle till the last drop and then keep it at a high place till sunrise. After sunrise you will see that the bottom of the bottle is showing something like soil. And when you pour into the bottle a drop of oil it would form round drops spreading a little and would not spread like the drop of oil in water forming flowery figures. It is also the sign of spermatorrhoea. It signifies that your body is emitting phosphets. If you shake the bottle a little it would show some dusty substance raising upward like the mountain of soil. In short, the urine would not be clean like water, it would show some greasy matter. It is a very fatal disease. It ruins

of water. It is tested and tried for mental weakness. Students who are generally fearful of arithematic, Algebra, Geometry etc are advised to use it for 7 days each month they would find their memory and mind strong after sometime. Its use is also a bar to the earlier whitening of hair.

While using Homeopathic medicine, Allopathic or Unani medicines must not be used for it would lose its effect too.

4. Sulphur *30:-

If one's bodily heat is increased or he develops scabies or burning in hands and feet and head or stomach etc. this is very useful. It is to be used in 5 drops mixed with water in the morning before breakfast and the same quantity in the afternoon in the same way.

5. Nux Vomica *30:-

It breaks constipation. If one is constipated, he should take 5 drops mixed with one draught of water before going to bed and he is sure to have smooth excretion. This medicine is panacea for weakness of stomach, gas formation and indigestion. It is to be taken thrice i.e., during morning, noon and evening 5 drops thereof make a doze. It is also very useful for male sexual power and also for piles.

6. Plantago Major Q:-

Few drops of this medicine soaked in a flock of cotton may be applied to the affected teeth during toothache and, in case, there is any hole between the teeth the flock should be put into the hole. The toothache would get removed. Such a flock would also prove effective in the pain of ears.

7. Passiflora Q :-

This is best for mental peace. When needed it may be taken 15 to 20 drops mixed with a draught of water. It would bring mental peace without side effects.

8. Ipecauc *30

This is an elixir for vomiting and nausea. Pregnants feel nauseated after two or three months of pregnancy. But she can get

rid of vomiting and nauseous condition if 5 drops is taken 5 or 6 times in a day with a draught of water. If the quantity of menses is increased 5 drops thereof is advised 6 or 7 times a day.

9. Pulsatilla *30

This is the panacea for all ailments of a woman. If it is given at the time of childbirth smooth delivery is caused without any complications.

10. Chamomilla *30

This is the panacea for children's diseases. If a child develops fever, pain, dysentery, vomiting and indigestion etc. or whatever else, 4 drops are to be given twice or thrice a day with a draught of water.

11. Lycopodium *30

This is a very useful medicine for gas formation and impotence. Four drops thereof should be taken morning, noon and evening with a draught of water.

One ounce of all these medicines should be kept at home to be used when needed, so that one can save himself from running after the physicians. These are all harmless medicines. They are cheap in prices and can remain unaffected for a long time and require no prevention.

SOME SPECIFIC DISEASES OF WOMEN AND THEIR REMEDIES

When women catch some specific diseases they keep them secret out of shame. And in some cases their family members, husbands and mother-in-laws pay no attention to what they say about their sufferings. Thus their diseases go increasing. It is the demand of sympathy, humanity and love that their diseases must not be considered insignificant and suitable treatment be provided without loss of time. We mention below some of their diseases with effective medicines:

1. Stopping of Menses

Women bleed every month through their urinal passage; this is called menses. It keeps flowing for 5 or 6 days. A woman is not permitted to say Prayer or read the Holy Qur'an nor sexual intercourse can be committed with her. It is obligatory on her to take bath at the end of this period when bleeding is completely stopped. She is then allowed to say Prayer and read the Qur'an. If menses stops or flows with pain or is less in quantity, the panacea for all such sufferings is Gossypium Q which is very useful. Twenty drops thereof should be taken thrice or four times in a day with a draught of hot water. If pain is not removed or menses doesn't flow in full quantity, the medicine be kept continued with the intervals of three hours. It would Allah willing, cure the disease.

2. Irregularity in Menses

If any kind of irregularity arises in menses and if does not flow regularly the victim is to be given 8 drops of Asoka Q mixed with water 4 drops in a day for a month. Thus all defects would take leave

alongwith barrenness, i.e., she will have children too. This is a very good medicine for the womb of a woman.

3. Excess in Menses:-

If menses flows in excess or most frequently or for a long time *Pulsatilla* is effective. Besides this, if three tablets each of Kalimur 6, Calci Phos 6 and Magnesia Phos 6 are given four times in a day till about 20 days, the patient would, Allah willing, get relief.

4. Leucorrhoea:-

This is also called "white water" disease. It is very disastrous for women as spermatorrhoea is for men. In leucorrhoea white water flows from the vaginal passage of woman which weakens her in general. She develops pain and gradually loses her youth. She is rendered unable to bear children. She can be successfully treated with *Calc Phos 6* and it should be administered 5 tablets as a single dose four times in a day. Similarly, ten drops of *Aletrasterri Noosa Q* should be given four times mixed with water for a month. It will, God willing, give relief.

5. Physical weakness

For bringing back such a case to normality 10 drops of *Alfalfa Q* mixed with water should be administered thrice in a day. This is equally effective for men, women and children.

But make it a point not to take medicines for removing sexual weakness merely by way of pleasure. Kernels of almond, pistachio nut, walnut, pine, coconut, sugarcandy if chewed early in the morning in equal quantity, it would increase memory and keep safe from spermatorrhoea and night emission besides strengthening sexual power. Its mixture may be prepared by taking four almonds, two walnuts, four pistachio nuts, eight pines, coconut equal to a finger, a little sugar-candy, eight grains of gram pulse, eight grains of *mash* pulse. All this mixed together would make a dose.

Take out kernels by breaking them all and chewing them

properly by mixing sugarcandy, coconut and pulses of gram and *mash* and keep swallowing them slowly. If you keep eating it every two or three months you would neither feel anything lacking in yourself nor catch any disease.

Keep in mind that for a healthy life exercise, suitable diet, proper environment and pure thoughts are all the more necessary.

HEALTH AND VITALITY

When you have wealth you are careful about its safety and take all precautions regarding it so that it is not lost or wasted at any cost. But you never pay attention to the wealth of health; you rather keep wasting it in various ways without any hesitation, although wealth is insignificant in comparison to the wealth of health. If you are given ten thousand rupees with the demand of one eye or nose you would never agree to such a bargain. It means ten thousand rupees have no value in comparison to one eye. It is because human health is so highly important and delicate a thing that good or evil of your life is dependent on it.

Every youth who is educated, civilised, sensible and has a strong desire to attain success in life is very careful about maintaining his health and vigour at all costs. He rather wants his health to remain enviable for others.

You know very well that health, whether physical or mental, makes incumbent on one and all to keep safe and sound. Hence one should keep strict eyes on daily programme for maintaining good health. It is because daily business of life exerts its deep effect on health, and if balance is not maintained a number of diseases may erupt. Hence one is required to bring under daily life a certain principle.

Although it looks difficult in the beginning but when one is gradually used to it, it would appear to be very simple and easy. Hence if you feel that some of your habits are injurious to your health you must change them to good ones without loss of time. You will find that in the near future good habits have become an integral part of your very existence and you have started enjoying these newly-formed habits.

Method of Forming good Habits

It consists of three basic manners:

1. Perform with attention and determination what you want to adopt as a part of your habit.
2. Try to find opportunity to repeat the newly-formed habit.
3. Don't let the opportunity go out of hand unless your newly-formed habits are firmly stabilised. What we do daily, plays greater role in forming new habits and stabilising them at the same time.

HEALTH AND HABITS

For life and health, food has to play a very significant role. And you can select healthful food with a little attention. But for this you have first to acquire basic knowledge about food to be taken with benefit. We shall deal with it in the pages to follow.

You are aware of what you have to do to provide balanced diet, you should choose them according to your bodily need, and you would come to know in a short time what differences these diets have brought about in your life and health. Moreover, you would amazingly feel that you are passing through a stage of habit formation in regard to food. You can neutralise the bad and painful effects of food by taking it on time and chewing properly. Moreover, you should avoid overeating or eating stomachful so that there is no room in your stomach.

Passing out Excreta

For keeping normal health passing excreta on time is most necessary. To delay excretion for no reason or irregularly is highly injurious to health. It produces a number of diseases.

Sleep

When you fail to have a normal sleep, you appear tired and cheerless. It makes a lot of difference so far as your spirit, energy and will to work is concerned. It takes away pleasures of life and fitness of body and mind. No part of body plays its assigned role properly and thus renders the entire nervous system workless and worthless. Most young chaps are these days used to viewing television or cinema till late night or pass hours of night in gossip, killing precious time when they could go to bed for rest and recuperation. And when they go to bed late in the night they are

certainly to rise late, which exerts telling effect on health. Hence it is wise and proper to go to bed early to rise early.

Keep in mind an English proverb:

"Early to bed and early to rise,

Makes a man healthy, wealthy and wise."

Hence one should have sleep on time and get up also on time. A normal person is normally to sleep for 7 or 8 hours daily. Go to bed after *isha* (night) prayer and get up much before morning Prayer so that you may keep to your schedule after passing your excreta, taking bath and saying prayer.

Be sure not to take a heavy meal in the evening so that you have a good and sound sleep.

Exercise

We shall take up this topic in one separate chapter. At present, you bear in your mind that exercise is best for health. Take long breath in the open air to have freshness and energy.

Bath

Taking regular bath is a good habit which keeps one healthy and hearty. It is better you do exercises early in the morning followed by bath to keep fit and smart. Combing and oiling hair are also a part of appearing smart and healthy. You would not only look healthy but feel healthy if you adopt regularity in all this. In this way you are not only to pass a healthy life but your brain and heart would easily set to work according to schedule with joys and happiness at your service. You would be looked upon in society with regard and importance. Bear in mind that extravagance is undesirable and hence it is to be avoided in these exercises and keeping such a schedule as well, for the spendthrifts are brothers of Satan.

Mental Health

Those who are self-centred and keep living in a world of make-

believe suffer from diseases of psychological nature. Since their activities are confined to themselves they are sure to develop such diseases as their tensions have no outlet nor there is anybody else to share his feelings and thinkings. Hence, to pass a normal life one is required to meet others and let his feelings and emotions be shared by them. Help others to be helped by others, and you will find your mental health blossoming and honour and esteem enhancing.

Teeth

Form habit of brushing your teeth and keeping them clean and bright. Clean teeth not only keep healthy but brighten the whole personality. Cleansing teeth after eating is to be a regular practice. Toothstick, tooth-brush, tooth-powder etc. are helpful to this exercise. Cleanse your teeth from whatever is available to you and keep your teeth clean, bright and healthy.

Washing hands, trimming nails and keeping them clean come under this very head. Persons with dirty hands and nails cannot be held in esteem and looked upon as men of culture and good taste. It exerts bad effect on health besides. Dirty hands bears many types of diseases. Hence make it a firm and permanent habit to wash your hands properly after eating and excreting.

Bear in mind good habits are guarantee for good health and good luck.

PROTECTION OF STOMACH

Bear in mind, your health would remain sound provided you keep your stomach in order. But if you keep your stomach in disorder you will always keep suffering. We give hereunder some of the important guideline to follow.

1. An interval of 4 to 5 hours is very essential. Never eat again unless the former one is digested properly. Eating before the former one is digested puts undue burden on the stomach and brings about disorder to it. Moreover, the value and utility of food are also neutralised. And whatever you eat must be well-cooked and fresh. Half-cooked and tasteless or stale food exert bad effect on stomach and make it injurious to health.
2. Eating without genuine hunger is not permissible nor it is wise to ignore hunger or make unnecessary delay in taking meal. Eating on time is suggested for stomach is fully ready to accept food this time and it is hungry for food.
3. Keep yourself happy at the time of eating and never feel anxious or discuss your care and anxiety at your dining table.
4. Never eat during embarrassment and in haste, but in a state of peace and satisfaction.
5. Never eat more than what your stomach need or accept. It is desirable to leave before eating to the fill.
6. Too hot a food is injurious to both stomach and teeth. Very hot food may produce ulcer in intestines, and may cause excessive thirst and indigestion.

7. Food containing protein (to be discussed in detail latter) should be taken in the quantity which is easily digested. Meat and sweetmeats should be eaten with care and in a reasonable quantity for these take more time to get digested.
8. Take some water a little before eating, and you may take very little water during the eating session if urgently needed. But just before and after eating one is advised not to take water otherwise the stomach is most likely to get in disorder. Hence one should take water after two to two and a half hours of eating. Patients of indigestion and gas formation are particularly advised to follow this suggestion.
9. Taking 7 to 8 glasses of water leaves pleasant effect on stomach and intestines.
10. Never get habituated to tasting something savour or spicy or tea etc. It weakens stomach.
11. Fruits are very useful and they should be taken according to financial condition.
12. Start no work just after taking meal but take rest for sometime. It is because both mind and body should be kept free for a while from pressure of work or anxiety.
13. Frequent purgatives put stomach to disorder.
14. Put your stomach to order through changes in food, by taking fruits, by keeping starved and by curtailing quantity of meal instead of taking medicines.

FOOD AND VITAMINS

For keeping sound health we need such foods which contain vitamins in large quantity. Given below are the main ingredients of nutritious food:

1. Protein

It is found in meat, fish, egg and cheese. These are essential for making body grow.

2. Fats

It is found in oil, fat, butter and milk. These items provide heat to the body.

3. Carbohydrates

Foods containing these elements create heat and energy in the body.

4. Mineral salts

Eatables salt, lime, copper, iron, sulphur, phosphorus etc. play significant role in making the body strong and healthy.

5. Water

Every food item contains water in a certain quantity.

6. Vitamins

Vitamins are the most essential ingredient of food. Vitamins are required for physical energy and sound health.

7. Vitamins A

Vitamins A are found in egg, milk, liver of fish and animals and

ghae. Moreover, carrot, radish, tomato etc. contain vitamins in large quantity.

If these foods are lacking in vitamins our growth is hampered and diseases of eyes, teeth and lungs raise their heads.

Vitamins B

In this compound of vitamins 12 kinds of vitamins have been discovered so far. Husk of grains, liver of animals, pulses, ground nut and potherb etc. contain these vitamins. Reduced quantity thereof causes jaundice.

Vitamins C

Green vegetables, like cauliflower, radish, turnip, tomato and fresh fruits like lemon, myrobalan etc. contain this vitamin, and want of which causes a number of diseases.

Vitamins D

These vitamins are contained in egg, milk and various preparations of milk and also in the liver of fish and green vegetables. These vitamins lacking in food may cause various diseases; fashioning of bones in children are seriously affected and generally get bent. These vitamins may be had from sunrays as well.

Vitamins E

These vitamins are mostly found in the husk of wheat, gram olive etc. Its absence in food weakens the power of delivery.

Perfect diet means presence of all the vitamins in our daily diet. This alone is the guarantee of sound health.

EYES

A GREAT FAVOUR OF GOD

Eyes are the great favour of Allah Almighty. A famous proverb says: "The world is attached with the eyes." Life has no taste without eyes, for a blind person remains bereft of many blessings, benefits and pleasures of life. But, unfortunately, they pay very little attention to its safety. This is the reason why even youths are using spectacles these days.

Keep in view the following for the health and safety of the eyes:

1. Never read and write in dim light.
2. Keep light on the left side while reading and writing. Focus coming from the right side or from the front is painful to eyes.
3. Book or paper should be kept at the distance of at least 10 to 12 inches.
4. Avoid reading while lying down or in a moving carriage.
5. Avoid reading while taking meals too.
6. Applying some good collyrium to the eyelids before going to bed is a good habit; keep to it.
7. Wash eyes daily with cold water. This act of yours will cleanse your eyes of dirt and dust.
8. Walking in the open green field for recreation in the morning or evening is useful to eyes.
9. Keep your eyes safe from smoke and dust.
10. Wear light dark glasses while going out in bright sun and daylight.

11. Pupils should be moved in a hypothetical circle to expedite circulation of blood in the tissues of the eyes.
12. Keep your eyes away from the book you are reading for a while to give it rest and then resume your study. Keeping eyes fixed on the book exerts pressure on the eyes.
13. To blink eyelids of both the eyes after short intervals is a good exercise of the eyes.
14. Read not very small letters for a long time.
15. Eyes are badly affected by insufficient food, general weakness and bad climate.
16. Very bright light is also injurious to eye.

ETIQUETTES OF DINING

Eating and drinking are quite essential for keeping life intact. But bear in mind that the sole purpose of our life is not merely eating and drinking. The first and foremost thing regarding eating and drinking is purity and cleanness. The Holy Qur'an says that only clean items of food are permitted while unclean eatables are prohibited. Hence one should never include prohibited food in things eatable what Allah Almighty has forbidden. Moreover, it is extremely necessary to avoid unlawful earnings, for it is a source of disgrace in this world and the Hereafter. Islam doesn't permit extravagance. Hence it is not desirable to keep thinking of spicy and delicious dishes, for it leads to waste of time, money and health.

Following are the etiquettes of dining which leads to medical usefulness as well as devotion to *sunnah* and reward thereof:

1. Wash the hand before eating.
2. Start by saying "*Bismillahir-Rahman-ir-Rahim*" and say "*Alhamdu lillahillazi ata'amna wa seqana wa ja'alna minal-Muslemin*" so that favour of Allah Almighty be thanked.
3. Eating in squatting posture or with both knees lying down or one knee standing and another lying down is the desirable way and helps keeping stomach healthy.
4. Eat with the right hand and drink too with the same hand.
5. Cleansing fingers or mouth with bread is a dirty habit and hence avoid it.
6. Start eating from what is in front of you in the plate; eating from the left or right side of the plate or from the middle is disgusting for others. Hence it is highly disliked.

7. Avoid finding fault in meal; eat what you like and leave what you dislike.
8. It is harmful to blow over the food, for breath contains foul air and sometimes germs too.
9. Licking fingers after eating is the *sunnah* of the Prophet, and wash your hands thereafter.
10. Eating together brings blessings of Allah. It also gives an opportunity to exchange pleasantries.
11. If you go to a friend or anybody else to dine as a guest invoke blessings of Allah for your host.
12. Don't show pride and arrogance while dining. and eat with humility. Pick up and eat after cleaning if a morsel of food falls down; may be there is blessing therein.
13. It is prohibited to dine in plates of silver and gold.
14. It is undesirable to dine in lying position (unless one is sick). It is harmful also from medical point of view.
15. Pay particular attention to the cleanness of plates.
16. Drink water in three separate breaths, drinking water in one gulp is undesirable.
17. Don't hanker for more and more taste in food nor after very costly and delicious dishes, for the men of Allah desire not for tastes and deliciousness.
18. Never go to anybody on feast without an invitation.
19. Take mixed type of food by bringing about changes at times, for only one kind of food so often proves harmful to health and doesn't serve the purpose of nutrition and nourishment.
20. Take meal on time; grazing all the time like a goat is the root of diseases.
21. Never eat without hunger and to the fill but leave when you are still a little hungry.

22. Taking very little meal creates want of blood; overeating causes indigestion and constipation. Hence one should follow the middle path in matter of quantity of food taken.
23. Stale and rotten foods, sweetmeats, very hot or cold foods bring disorder to stomach and teeth.
24. It is very necessary to wash teeth with brush or tooth-sticks after taking meals, particularly at night while going to bed and in the morning after leaving the bed. It checks teeth from being rotten, mouth from producing foul smell, throat from defect and stomach from disorder.
25. Taking tea in greater frequency is harmful; particularly the tea which keeps boiling the whole day in hotels.
26. Cigarette smoking is highly injurious to health, and hence keep from it.
27. Intoxicants like tobacco, opium, *ganja* (the hump plant), *charas*, LSD, heroine etc. are extremely injurious to health. These things render men half-dead. If you fail to hold back from these things right in your youth you are bound to reduce to a moving corpse, for intoxicants are very deadly to body, mind and soul which keep dissolving the victim gradually.
28. It is harmful to move fast, run, sleep or do any difficult work after meal. It is necessary to stroll for a few minutes after taking meal.

ETIQUETTES OF GARMENTS

The Holy Qur'an has delineated the following purposes of wearing garments:

1. Covering the body.
2. Safety from rigidity of weather (i.e., heat and cold).
3. Safeguard from the enemy.
4. Adornment
5. But the best among all garments is that of *taqwa* (God consciousness).

These days we have forgotten everything under the influence of western culture. We have held adornment as the sole purpose of wearing dresses what the Holy Qur'an has put last of all. But besides adornment we have reached the stage of nakedness and immodesty. Some of us are naked even in garments. Women wear such thin and tight garments that their entire body is quite visible. Boys, on the other hand keep long hairs and wear women-like dresses and take pride in looking like females. Sometimes it is difficult to make difference between boys and girls from a distance.

The Messenger of Allah (peace and blessings of Allah be upon him) has cursed the women who dress like men and the men who dress like women. And how unfortunate and wretched are the men and women who are being cursed by the Messenger of Allah (peace and blessings of Allah be upon him).

It is matter of great shame and misfortune that the young boys and girls who are great asset of our society seek to compete each other in naked garments and try their level best to surpass one another in nakedness. This is something very unfortunate from every

point of view. Women-like garments take away from the young boys the qualities of courage, ambition, bravery, sacrifice and fighting for a right cause. They invite their own destruction and setback.

Now we give below some of the dictates of Allah and His Messenger (peace and blessings of Allah be upon him):-

1. Allah Almighty says:

"O children of Adam! We sent down to you garments to cover your parts of the body which bring shame and to adorn and protect your body."

2. Pay thanks to Allah while wearing garments Who has bestowed these on you, and give away old garments to the poor and needy.

3. Invoke the following blessing while wearing garments:

"All praises are due to that Allah Who made us wear these garments which I use for covering my body and add to my beauty and grace in this world."

4. White garments are better for males.

5. Never allow your *pyjama*, *shalwar* or trouser or pantaloons go below the ankle joint. This is the sign of arrogance which Allah Almighty dislikes most.

6. The Messenger of Allah (peace and blessings of Allah be upon him) says:

"The lower garment (pantaloons, shalwar, pyjama) should go up to half shin. there is, however, no harm if it reaches the knee joints. But to parts of the lower garment going down the knee joints would burn in Hell-Fire. And the person who lowers his garments out of arrogance will find Allah on the Day of Judgement turning away from him."

7. Never wear silk garments for these are meant for females.

8. Never give your wives to wear such garments which

make their bodies look naked from the garments, nor so tight garments which put the figure more beautifully on display. The Messenger of Allah (peace and blessings of Allah be upon him) says:

"Those women are hellish who appear naked in their garments, attract others and be attracted towards others. Their heads look bent with coquetry like the hump of a camel. Such women will neither go to Heaven nor get the fragrance thereof, although sweet smell of Heaven comes from far."

9. Never dress yourself like women as it has now-a-days become a practice with a number of youths; nor follow the ways and manners of women, for the Messenger of Allah (peace and blessings of Allah be upon him) has said:

"Allah Almighty has cursed those males who follow the manners and behaviour of female, and also those females who adopt manners of males."

10. Garments should always be worn according to pecuniary circumstances; dressing oneself with a view to exhibit arrogance, show and pomp is not desirable;

11. Nor dress yourself in a way that is much below your position.

12. One should also show one's taste and manners in the choice of garments and make-up. Keeping buttons open, hairs dishevelled and collar stretched is against etiquette and decorum.

13. Simplicity in dress is a sign among the signs of Faith.

14. Gold and ornaments are prohibited for males; hence, they should avoid wearing golden ring.

15. Anyone who tries to keep resemblance with the ways and manners of any other community will be raised with them (on the Day of Judgement); i.e., he will meet the same consequences.

ETIQUETTES OF PURITY AND CLEANLINESS

The Messenger of Allah (peace and blessings of Allah be upon him) says:

"Purity and cleanliness is half of Faith."

That is, half of the faith is to keep soul clean and the next half is to keep the body neat and clean.

"After Divinity there is purity."

Allah Almighty also likes such people who are neat and clean and pay particular attention to purity and cleanliness. It is a fact that purity of soul is impossible without the purity of body. How can a young man keep a pure and clean soul of likeable manners who makes no difference between purity and impurity? Some broad principles in this connection are given below:

1. Wash the drops of urine with water or clod of earth after passing urine for it is necessary to clean with water or earth the last drops coming from the pipeline of the organ. This is called *istinja*.
2. While sitting for excretion one should keep in view that one is not sitting in the direction of the *qibla*, nor the back is towards the *qibla* (*kabah*).
3. Never pass urine in standing posture otherwise garments may become polluted.
4. Never excrete on the way, beneath the tree or at the sitting spots of the people.

5. Never enter the latrine bare-headed, bare-footed and bare-bodied. While entering a latrine first put your left foot in and invoke the following blessing:

"O Allah! I seek Your refuge from Satan and from those satans also who are masculine and feminine." and say "*Ghufranaka*" while coming out of the latrine.

6. It is highly detestable to blow nose or spit phlegm facing towards other people; avoid it for it is an abhorrent act.
7. Bath quickly after getting polluted.
8. Keep teeth, ears and skin clean and keep bathing regularly.

ETIQUETTES OF SLEEPING AND WAKING

1. Keeping awake till late at night and getting up late in the day is a harmful habit; it weakens health.
2. Softer bedding may cause emission during sleep. Moreover, it creates a desire to take unnecessary rest.
3. Sweep The dust on the bedding properly before going to bed for sleeping lest some insects may cause harm to you.
4. Recite from the Holy Qur'an whatever you remember before going into sleep i.e., keep reciting some *surahs* or *ayahs* while lying in the bed followed by seeking forgiveness for the faults and mistakes of the whole day and paying thanks to Allah Almighty for favouring you to do all this. It is desirable to go into sleeping while remembering Allah.
5. Avoid lying at the back or on the left side or at the belly, for all these states lead to harmful effects and cause various diseases.
6. Sleeping with foul and dirty thoughts causes night emission and also fear and nighmare.
7. Sleeping with face covered causes deterioration in health, for it blocks fresh air; hence one should sleep with face uncovered.
8. Form habit of getting up in the last hours of the night so that you are able to say morning prayer after fulfilling your needs. You would remain fresh and fit all the day.

9. Whenever you see some good dream pay thanks to Allah, and in case you see bad dream pin your hope on for the better.

10. Say:

La howla wala quwata illa billahil-aliyul-azim

and

Auzu billahe menash 'shaitanir' rajim,

so that such a dream is not repeated.

ETIQUETTES OF EXPRESSING JOYS AND SORROW

This world of ours is filled with joys and sorrows, hence:

1. Pay thanks to Allah.
2. Let your friends take part in your joys so that joys are multiplied.
3. Celebrate your joys for it is your right, but never try to cross the limit to reach the point of arrogance and rebellion. Allah Almighty says:

"And don't behave in an arrogant way on getting favours from Allah, for Allah loves not those who behave arrogantly."

4. Take part in others' joys so that love is enhanced.

If you face sorrow:-

1. Bear it with peace and patience and keep courage.
2. Bear in mind that sorrows and sufferings are not permanent state of life, hence avoid being affected by it in great measure.
3. If one is not able to get rid of sorrows and sufferings there is every likelihood of health disorder.

Allah Almighty says:

"Whatever calamities befall and sufferings caused are already written in a Book (in a decided form) before coming down on earth. It is undoubtedly very easy for Allah Almighty and hence you refrain from expressing sorrow at your failure."

4. Whenever you hear anything tragic you say:
Inna lillahe wa inna elaihe rajiun
5. The Messenger of Allah (peace and blessings of Allah be upon him) says:
"Allah Almighty forgives sins of one who suffers some troubles, calamities, physical injuries and sickness and keeps patient and peaceful."
6. Expressing sorrow over some troubles, calamities and sufferings is something natural. However, it must be borne in mind that even in extreme sorrows and frustrations one must not utter a word that go beyond the area of patience and thanksgiving.
7. Never condemn your ailments and suffering but keep patience and hope for the better in the life beyond this temporary world, i.e., in the Hereafter.
8. Whatever troubles and sufferings come in the way of truth and lawful earning must be endured with patience and cheerfulness and thanks should be paid for everything good and bad standing in the way.
9. Give your help and support to others in pain and sufferings and try to mitigate their troubles.
10. If, Allah forbidding, your sufferings aggravates, it is better for you to avoid any attempt to commit suicide or uttering unwise words and thus showing disobedience to Allah Almighty.
11. No matter how much circumstances turn against you, never forsake the way of truth for it is in this that the good of both the worlds lie.

ETIQUETTES OF LIFE

Dear friends! Allah Almighty has set such a limit of enjoyment and rejoicings that by following them one can enjoy his life and make others' lives happy and joyful. It is a well-known fact that if human beings make it a practice to do anything or everything out of their free will, this world of ours would face rule of death and destruction, bloodshed and plunder. Thus Allah Almighty has set for us such rules and principles by following which we can enjoy beauties of life and nature lawfully and permissibly. Details of all this has been delineated by the Messenger of Allah (peace and blessings of Allah be upon him). What is needed is to know and put them into practice. We give below some of these for your facility and guidance:

Beginning of a New Life:-

Before going through this book you must have committed some mistakes, faults or sin in your life. Hence, seek repentance for them first and forgiveness from Allah Almighty with the firm determination that you will never repeat them in future. Allah Almighty Himself says:

"Even if they ever commit anything lewd or cause any excess against themselves, they at once remember Allah and seek forgiveness from Him for their sins. And Who is other than Allah to forgive their sins? They do not insist deliberately on their doings."

The Messenger of Allah (peace and blessings of Allah be upon him) says:

"All persons are sinful and the best of the sinful are those who repent for their doings."

By seeking repentance in this way you will feel that you are getting new life to live with and a new courage, determination and ideal to work for a virtuous life. It will bring about new power and strength to your will power. Hence keep hope in the mercy of Allah Almighty and trust that Allah will surely forgive your sins, for Allah, the Exalted Himself says:

"O My servants! Those who commit excess to your ownelves must not lose hope in Allah's Mercy. Allah will certainly forgive all your sins, for He is great Forgiver and very kind."

"And you turn towards your Lord before any torment befall you and you fail to get relief from any quarter."

Hence we should recollect our sins and misdeeds and seek forgiveness of Allah humbly and earnestly. Moreover, we should show sorrow and shame over our misdeeds and make covenant with ourselves not to repeat it in future. Thereafter you be certain that Allah Almighty will forgive all your sins and guide you along the right path

Bear in mind that the moment you feel that you have committed sin you ensure that the time for your turning upright is at hand, and the door of Allah's Mercy has opened for you. You should then bow before Allah and seek His forgiveness. Allah Almighty says:

"And it is He Who grants repentance of His servants and forgives their faults. And He is well aware of what you do."

The Messenger of Allah (peace and blessings of Allah be upon him) has taught the following:

"O Allah! You are my Lord;

"There is no god except You;

You created me and I am Your Servant;

And I Shall remain stick to the extent of my power for what I have made covenant with You;

I seek Your refuge from the evil results of whatever sin do I commit;

I confess that I am a sinner and I admit that You have favoured me with Your manifold blessings.

Hence O my Lord! forgive my faults; who can forgive my sins except You?"

Thus make it a practice to invoke blessings of Allah for all difficulties and troubles in life after expressing repentance and promising to pass an upright life in future. It is because it is Allah alone Who is Master of all Powers and treasures; He is very kind, and hence invoke His Blessings alone. Beg of Him whatever you have to beg. All the prophets, friends of Allah and saints are beggar of His door. He hears all and grant all.

Allah Almighty has Himself said:

"It is very rightful to call Him out. And whomsoever they call out other than Him have no power to respond. To call them is just like calling water from a distance with stretched hands to come to their mouths which can never happen. Thus the supplications of the Unbelievers are wandering to and fro with producing any result."

And keep in mind that you beg of Allah Almighty only what is pure and permitted. It is highly undesirable to beg anything that lead to evil. Whenever you invoke Allah Almighty it should be with pure intention and deep sincerity, and with the firm conviction that Allah knows well whatever you are begging of Him, He has power to give everything. Allah Almighty Himself said:

"And O Messenger! When My servant ask you about Me,

tell them that I am very close to them;

Whenever a caller calls Me, I grant his request.

hence they should also accept My call,

and they should express their faith in Me to tread the righteous path."

In this connection the Messenger of Allah (peace and blessings of Allah be upon him) has said:

"Supplicate with the deep conviction of its being granted. Allah Almighty doesn't grant the supplication that is made half-heartedly and carelessly."

One should call out his Lord with humility and keep beseeching and begging Allah all the time. There is, however, no room for being frustrated for whatever Allah does is always good and right. It is the duty and responsibility of a servant to beg of Him and He is the sole Power to finally decide the matter.

ETIQUETTES OF AN ASSEMBLY

1. Try to sit always in the company of good and virtuous men.
2. Make mention Allah and His Messenger also in your assembly and particularly disperse with His and His Messenger's names on lips.
3. Take your seat in the assembly wherever you find one and avoid jumping over the people.
4. Never try to take a seat by making a person to vacate it.
5. Never take a seat in the middle when the people are sitting in a circle.
6. Don't occupy the seat of a person if he has gone outside for a while.
7. If two persons are sitting close or talking with each other than the newcomer should not sit beside them without their permission.
8. It is not proper to speak without permission of the person presiding over the assembly. Moreover, only one person should speak at a time. It is also not proper to speak before the person stops speaking.
9. Say *as'salamu alaikum* to the people while joining them.
10. Whenever you come across a Muslim brother say *as'salamualaikum* followed by shaking hands.
11. Meet everyone with smiling face.
12. Never enter anybody's house without his permission; keep standing a little away from the door after giving a call or knocking at the door.
13. Always be first to salute for the person who is first to salute is nearer to Allah Almighty.

RIGHTS

My dear friends! You hear people shouting about "rights" at the top of their voice these days. It looks as if they have nothing to do other than making others accept your rights. No matter if the country face destruction or go to the possession of the anti-national elements, what is left to them is to making companions and launching movements for their own rights.

Rights of peasants, workers, students — in short, rights and rights alone and nothing else. Organisations and political parties are minting money to raise funds and construct buildings by befooling people and deceiving them by hand-made attractive slogans.

But one thing more is there other than "rights" and that is "duties" which finds almost no mention. Rights and duties are reciprocal. That is, if the question of "rights" is raised from one side there is demand on the other side to rise to fulfil the "duties". And these two are quite inseparable and one cannot be thought of without another. It is a fact that the section pressing hard for rights make equal pressure for fulfilling its duties there would be nothing but peace and prosperity prevailing everywhere.

It has taken the form of an epidemics that college and school students come to the streets shouting slogans of rights at trifles. And very soon these slogans turn into large-scale disruption arson, violence and riots. And the whole exercise turns so violent so soon that even official machineries fail to put it down.

Think over it a little. Is it befitting for our youths and student community to set buses, shops and houses on fire and enjoy the large-scale disruption and destruction of national properties? How unwise it is to express happiness over the loss of their own national property.

It is like making hole in the bottom of the boat one is sailing in. Rejoicing over one's own loss is the sign of senselessness and bankruptcy. Do you also want to join such insane persons? What will you have as a grown-up person when the country is also lost to anti-national elements. If you keep going on the rampage like this you would, with the passage of time, find that you are morally dead and your conscience is lost.

It is for you to pay attention to your duties also and look towards the rights of other people as well. It would keep peace and prosperity on both sides.

My dear friends! You are now about to enter the vast field of life where both success and failure are waiting for you. Now the secret of your success lies in the fact that you keep from forfeiting the rights of others so that nobody try to make inroad into your rights. When you forfeit rights of others you just invite others to pay you in the same coin. Your misbehaviour would encourage others to misbehave with you. This exercise would only hamper progress and disrupt peace and order in life. It would land you in unnecessary troubles and anxieties and your life becomes a heavy burden to carry with much grief and gloom.

Bear in mind that disorder and violence spread only when rights are curbed and duties neglected. Now let us see how much do we owe to others in terms of rights.

Rights of Allah

1. Allah Almighty have created men and jinn merely for worshipping. Prayer is not limited to saying prayer of keeping fasts. It rather covers the whole range of life passed under the guidance of Allah. Prayer includes all business of life done according to the dictates of Allah and not done if forbidden.
2. Allah's right on His servants is that He should be worshipped and none else be associated to Him.

If we fail to fulfil the rights of Allah the roots of mischiefs and corruption would spread of its own for the mischiefmongers and corrupt persons would fear none. In such a case this world of ours would change into Hell. Besides this we will be punished in the Hereafter too.

Rights of the Prophet (p.b.u.h.)

1. The first and foremost right among the rights of the Messenger of Allah (peace and blessings of Allah be upon him) is that he be loved. The second one is that he be obeyed; and the third one is that his greatness and glory are recognised.
2. Allah Almighty has said: "O My dear! By your Lord, they would never become true Believers unless they love you, and abide by your decisions cheerfully and show no narrow-mindedness in this regard."

It means we look towards the will and pleasure of the Messenger of Allah (peace and blessings of Allah be upon him) in all affairs of life. Another right of his on us is also that he should be sent peace and blessings of Allah. He has himself said that everyone before whom my name is mentioned should send blessings of Allah on me; and anyone who sends blessings of Allah on me for once, Allah Almighty sends His Mercy on him ten times and ten sins of his are forgiven.

Rights of Muslim Ruler

It is obligatory on us to obey the orders of a Muslim ruler provided he orders not for committing a sin. It is because the person who doesn't accept an Islamic state and the ruler selected by the people is hellish.

The Messenger of Allah ((peace and blessings of Allah be upon him) has said:

"One who obeys me obeys Allah, and one who disobeys me disobeys Allah. One who obeys his Head of the state

obeys me, and one who disobeys his Head of the state disobeys me."

The Messenger of Allah (peace and blessings of Allah be upon him) says:

"Even if a slave become your ruler and run the administration according to the injunctions of Allah's Book, you must listen to him and obey."

Duties of a Good Citizen

Every Muslim happens to be a good citizen because:-

1. He is loyal to his country;
2. He is aware of his rights and duties;
3. He lets not the scale of rights to be heavier than duties;
4. He lends his support to the government;
5. He helps establish peace;
6. He even gives his life in defence of his country;
7. He extends his cooperation to other citizens in spreading virtues;
8. He keeps passion for serving the creation of Allah;
9. He is tolerant and without prejudice;
10. He inflicts harm and trouble to none;
11. He keeps making efforts all the time for bringing peace and prosperity to society;

Hence one should try his level best to become a true Muslim.

Rights of Parents

Allah Almighty says:

"Serve Allah and associate nobody with Him; and treat

gracefully your parents, your kith and kin, the orphans, the neighbours, and those neighbours who are also relatives, and those neighbours who are not relatives; your fellows and companions whose company you have; got for a while; and with the travellers and the subordinates who are under your possession."

1. Treat your parents gracefully because a good treatment towards your parents will bring you fortunes of both the worlds.
2. Your parents deserve to be obeyed well only after Allah Almighty.

Allah Almighty Himself says:

"And your Lord has said: Serve no one other than Allah and treat your parents gracefully."

3. The Messenger of Allah (peace and blessings of Allah be upon him) has said:

"Your parents are your Heaven and also your Hell."

That is, if you treat them gracefully you are destined to go to Heaven and to Hell if you fail to obey them.

Hazrat Ibn Abbas (may Allah be pleased with him) relates that the Messenger of Allah (peace and blessings of Allah be upon him) said: The well-behaved children when look towards their parents lovingly, Allah writes for them reward of one accepted Haj for every look.

The Companions (may Allah be pleased with him) of the Prophet submitted: Even if one looks lovingly for hundred times. The Prophet replied in the affirmative and added: Allah is very Great and nobody can hold Him back if He is bent on giving; and He is magnificently Glorious.

Hazrat Abdullah bin Mas'ud (may Allah be pleased with him) said that it is an act of prayer to look towards parents, to look towards

K'abah, to look towards the Qur'an, and to look towards one whom you made your brother for the sake of love of Allah.

Hazrat Abdullah ibn Mas'ud (may Allah be pleased with him) said that he once asked the Messenger of Allah (peace and blessings of Allah be upon him) of all acts which is most liked by Allah, the Exalted?" "Saying prayer on time", he replied "Which is most likable act to Allah after prayer?" I submitted again "Treating parents gracefully," he said. "Which act is most loved by Allah after this?" I submitted once again "Waging war in the way of Allah", he said.

Hazrat Abu Hurairah (may Allah be pleased with him) relates that a certain person came to the Holy Prophet (peace and blessings of Allah be upon him) and submitted: "Who deserves my good treatment most of all?" "Your mother deserves your good treatment most," the Messenger of Allah (peace and blessings of Allah be upon him) said in reply. "After her who?" the questioner submitted again. "Your mother", he said. "Who after that?" he submitted. "Your mother", he said. "Who after that?" the questioner submitted again. "Your father", he said.

Hazrat Abdullah bin Umar (may Allah be pleased with him) relates that the Holy Prophet (peace and blessings of Allah be upon him) said: "Consent of Allah Almighty lies in the consent of the parents."

4. Allah Almighty says:

"If any one of the two or both of them reach their old age during your lifetime then endure everything in silence and never attempt to rebuke them."

5. Bear in mind that your children will serve you if you serve your parents. And your children will also put you in trouble if you do so with your parents. In short, as you sow so will you reap.
6. The Messenger of Allah (peace and blessings of Allah be upon him) said:

"The person who wants that his age and sustenance are increased, should treat his parents and relatives gracefully."

7. Serve your parents cheerfully and bear gracefully if any excess is committed by your parents and keep their obligation in mind.
8. Your parents have full right on your possessions. Once a person presented himself before the Messenger of Allah (peace and blessings of Allah be upon him) and lodged a complaint against his father that he would take from him (son's) possession whatever he wants. The Prophet sent for his father. He came supported by his stick for he was weak and old. When the Prophet enquired of the old man he began to relate:

"O Messenger of Allah, there was a time when he (son) was weak and helpless and I was strong and wealthy while he was empty-handed. I never stopped him from taking anything. But today, I am weak while he is healthy and strong. But, he now keeps his possessions beyond my reach."

Having heard all this from the old man the Prophet's eyes were filled with tears and he said addressing the son:

"You and your possessions belong to your father."

9. Keep invoking blessings for your parents and begging Allah for His mercy and kindness to them.

Allah Almighty Himself says:

"Invoke Allah to have mercy on them and nourish them in the manner both of them had brought me up during my childhood."

10. Treat your parents gracefully and with special care and attention. They deserve your service and obedience more and more. Allah Almighty Himself says:

"And We have exhorted men to do good to the parents. His mother carry him in her womb painstakingly and gave him birth with pain. And the duration of carrying in the womb and suckling goes up to two and half years."

11. Keep invoking Allah for their forgiveness after their death. The Messenger of Allah (peace and blessings of Allah be upon him) has said:

"When a person passes away his span of action is over, but three things remain intact — one is charitable work that keep benefitting; secondly, the work of educative nature people benefit from; and thirdly, the righteous children who keep invoking Allah for their forgiveness."

12. Fulfil the promise made by your parents during their lifetime and pay regard and respects to the friends of your father and lady friends of your mother.
13. Impart good treatment also to the relatives of your parents.
14. If you have been lacking in serving your parents during their lifetime then keep invoking blessings and forgiveness of Allah for them after their death. The Messenger of Allah (peace and blessings of Allah be upon him) has himself said:

"If any servant of Allah remained disobedient to his parents and either one or both of them passed away in the state, he should keep invoking Allah's blessings for them and seeking their forgiveness till Allah Almighty include them in the list of the virtuous."

You must have read about the sad plight of the old persons in Europe. They consider their parents a burden and their young children drive them out of their houses. Hence governments have constructed houses for such needy, destitute and old persons and give them allowances to live on. There they pass the rest of their lives

in great despair and gloom. But Islam has given them a place just after Allah and His Messenger. Hence the Messenger of Allah (peace and blessings of Allah be upon him) has said:

"The right of parents cannot be fulfilled anyway except that they are purchased to become free in case they are slaves."

15. Worship of one disobedient to his parents is not granted unless they are happy again.

Rights of Common Muslims

1. All Muslims are brothers of each other.
2. The state of the honest is that they are very kind among themselves.
3. If two Muslims or two parties of the Muslims are at war with each other, it is a great act of virtue to make peace among them.
4. The Messenger of Allah (peace and blessings of Allah be upon him) has said that a Muslim has the following rights on another Muslim:
 - a. Salute while coming across any Muslim.
 - b. Accept the invitation when it is given.
 - c. Attend on him in case he falls sick.
 - d. Join the funeral procession when he passes away.
 - e. Say *yarhamkal 'lah* in response to his *Al-hamdu 'lillah* said at the time of sneezing.
 - f. Wish his welfare whether he is present or absent.

Moreover, the Messenger of Allah (peace and blessings of Allah be upon him) said:

"The worst person is one who forgives not faults of others and spurn their excuse and request."

5. The firm and perfect Muslim is one from whose tongue and hands other Muslims are safe.
6. It is not permitted for a Muslim to give even a hint from his eyes that hurt the feelings of any Muslim.
7. Don't be jealous of one another. Don't bid (at an auction) in order to raise the price for others. Don't harbour any grudge against anybody. Turn not your face away from others. Don't make your bargain upon that of others. Be like brothers O servants of Allah! A Muslim is the brother of another Muslim, and hence he neither puts him to trouble nor leaves him alone, nor speaks lies to him, nor looks down upon him. This much mischief is enough for a Muslim that he treat another Muslim with scorn. Blood, possessions and honour of every Muslim is prohibited for other Muslims.
8. Anyone who seeks to remove one trouble from his brother Allah Almighty will, on the Day of Judgment, remove one trouble or pain from him. One who covers the body of his brother will have from Allah screen on the Day of Judgment.

My dear friends! Now that you are well aware of the rights of others, try hard not to forfeit the rights of anyone. This way you can achieve success in life and deserve reward in the Hereafter.

SECRETS OF SUCCESS IN THIS WORLD AND THE HEREAFTER

Young Crusaders! You know very well that the respect of a person depends on his own attitude. And Allah Almighty also bestows honour on him who is conscious of his self-respect. If you show respects to others they would also pay you in the same coin; if you are happy at the disgrace of others you may also meet the same fate. Bear in mind that everyone gains respect through his deeds and tongue. I want to tell you something which stand you in good stead for achieving a position of honour and respect in society. It is also to be underlined the ways and attitude which lead to the loss of your prestige. If you keep these points in mind and put them into practice, you will, Allah willing, attain success in all walks of life. These are given below:

1. Keep constantly fear of Allah in your heart, for the Believers are those who get frightened when the name of Allah is mentioned before them, and their faith is enhanced when the Word of Allah is recited before them and they rely solely on their Lord. Such honest persons alone can achieve success in both the worlds.
2. Don't talk highly of your family too, for you all are the children of Adam. These families and clans are only for the sake of recognition. And most respectful to Allah Almighty is one who is most God-fearing.
3. Seek succour from Allah through Prayer and patience. Although this is a difficult and heavy task but it is easier one for who practise humility, and keep in mind that they have to stand before Allah Almighty one day.

4. To keep patience at the time of any calamity and to hope for reward in return for it is to go to Heaven.
5. Speak what is right and true otherwise keep silent.
6. Don't open your tongue about what is not in your knowledge.
7. Don't mix untruth with truth nor conceal the truth.
8. Talk sense with the people.
9. Reply in words which are better than the utterances of others. You would see that you come to establish such a good relation with your enemies as if they are your close friends. But this is achieved by patience and good fortune.
10. Don't call your elders in the manner you call your friends.
11. Holding truth for speaking the truth shows the way to virtue which leads to Heaven.
12. Speaking smilingly with a Muslim brother is like giving *sadqa* (charity).
13. The way to keep from sin is to hold tongue, i.e., avoid talking nonsense and without having sense of time and occasion.
14. Say *As'salamu alaikum* to Muslims.
15. While entering your house say *as'salamu alaikum* to your household. This is a noble, clean and blessed supplication.
16. When you go to someone else's house don't call him at the top of your voice, but knock at the door and wait patiently till the house owner comes out. Never enter without saluting and taking permission. It is better for you. In case you are asked from inside to go back, then you return; it is quite dignified for you.
17. When you assemble for consultation, leave not without permission of the person presiding the assembly.
18. You should consider good the favour of Allah and evil actions.

19. Don't show greed for what Allah has bestowed on others for it would lead you to grow jealous of them and be trying to make others fall down. It is better for you to beg of Allah His favour for yourself, for everyone gets what he earns and Allah knows everything.
20. If you want to change your enemy into friend and achieve success, then answer evil with good.
21. Forgiveness and compromise carry great reward.
22. Say Prayer and bear in mind that there is no greater act than peace making between others and behaving in pleasant manner.
23. You must say *Insha 'Allah* (God willing) while making any promise. In case you forget, you say it when you recollect.
24. Bear in mind, those ignoring *Insha 'Allah* will be put into Fire.
25. Modesty and Faith are twin. If one goes another follows.
26. Allah likes not the arrogant and his abode is Hell.
27. Strut not on the earth, for this haughty walk can't tear the earth apart.
28. Don't accuse anyone and give a name that put one to ridicule.
29. Practising hypocrisy in good deeds destroys these acts as rain washes away dust from a rock.
30. Don't cause the obligation to be known after doing good to anybody; it destroys good deeds and all virtues.
31. Suppress your anger and forgive their faults.
32. Be not stone-hearted and short-tempered otherwise they would flee from you.
33. Save yourself from jealousy, for jealousy eats away virtues as fire burns dry wood.

34. Allah Almighty doesn't make an oppressor His friend.
35. Save yourself from the curse of the oppressed which ascends from the heaven like flames.
36. Save yourself from mistrust and never search into other's affairs.
37. Anyone who search into others' defects and shortcomings and taunt them would face destruction.
38. Don't indulge in backbiting nor accuse anyone.
39. The backbiter is the worst creature of Allah.
40. Backbiting and slander both thrash Faith as a herdsman thrashes leaves from a branch of tree.
41. Any two persons must not indulge in whispering for this would hurt the feelings of the third one.
42. When a transgressor or hypocrite is admired Allah Almighty falls in wrath and His Throne is shaken.
43. When someone causes others to laugh by his antics Allah Almighty is angry with him and doesn't restore His former state unless He sends him to Hell.
44. A hypocrite has four signs:-
 - a) Speaks lies while talking;
 - b) breaks the promise once it is made;
 - c) abuses during quarrels;
 - d) and embezzle with anyone's trust.

Dear friends! All these things have been delineated by Allah and His Messenger (peace and blessings of Allah be upon him) for our good so that we achieve success both in this world and the Hereafter by following them.

MISCELLANEOUS ADVICES

1. Much advertised oil, perfumes and soap of very strong smell must not be used. It would cause hair-fall very fast and dandruff. The rest would become white very soon. These things cause constant cold and catarrh and weaken brain and eyesight.

These oils etc. are made by removing the bad smell of kerosene oil and only essence and colour are mixed with it. Therefore, one should use pure coconut or mustard oil which are better from every respect. And use of rose, henna or *khas* perfume is harmless. Keep in mind that applying perfume is *sunnah* of the Prophet.

2. Take special care of your teeth, otherwise they will cause foul smelling from mouth and develop pyorrhoea which leads to stomach diseases. Hence one should use fresh toothstick or brush and tooth paste of fine quality. Ordinary brush and tooth paste or tooth powder cause harm to teeth and gums. Rub the gums gently with toothstick or brush so that they are not injured. Don't ignore if your teeth cause pain and consult a doctor without loss of time. Teeth are great favour of Allah and one should know their worth. They are necessary for your beauty and for keeping your face normal. Never forget rinsing after taking meal. Chewing ice is harmful to teeth.
3. Keep trimming your nails and allow not dust and dirt to stick to them, otherwise some disease may erupt.
4. If ears are left without being cleansed there is possibility of development of any trouble in the form of pimples or deafness. It is better to keep pouring pure mustard oil by intervals.

5. Constipation is the root of all diseases. Hence constipation must not be allowed at any cost. Constipation is so often caused by absence of exercise. Constipation is mostly caused to one who keeps working at one place the whole day or take fatty food and practise irregularities. Never take purgative most frequently to put your stomach to disorder. Keep changing your diet as well; do exercise regularly, and take 5 drops of Nux Vomika 30 mixed with a draught of water at night before going to bed. It would cause smooth excretion.
6. Stopping excreta causes various kinds of diseases; hence get relieved of this whenever need arises.
7. Take fruits, vegetables, bread of unfiltered coarse flour for these are very helpful in breaking constipation. Never take water followed by eating; it should be taken one hour after taking meal so that gas is not formed in the stomach. Those who have complaint of gas formation should take water one hour before or after taking meal.
8. Various kinds of exercises are useful for making stomach healthy and strong. One of them is to lie straight at the back and to lift both legs up gradually, make angle of 90° and keep lying for sometime in the same state and then lower your legs gradually till they are put straight along the bed. Repeat this process for ten to fifteen times and you would find that all stomach troubles are gone. But never do this exercise after taking meal otherwise it would prove harmful. The right time for it is when your stomach is empty.

Another exercise of this kind requires one to stand erect keeping legs straightened and then bend down slowly and then to touch the thumbs of your legs with the thumbs of your hands, and then get to stand erect slowly. Doing this several times daily would remove the disorder of constipation and gas formation.

9. Some people find one glass of water early in the morning very helpful in removing constipation. It is also very useful.
10. It is useful to take a few grains of anise seed with pan (betel-leaf).
11. Dinner should be light so that any disorder is not created in the stomach and the heavy pressure on the stomach may also cause night emission. In case the stomach is out of pressure it would bring sound sleep and study go undisturbed.
12. Hot milk or tea should not be taken before going to bed for it may cause night emission.

EXERCISE

Bear in mind that health cannot be maintained without exercise. If you fail to do exercise at this age you would suffer from sickness and fatigue for the rest of life. This body of ours is the trust of Allah Almighty, and hence we have to keep it under strict care. For passing a healthy life it is very necessary to keep sound body, healthy mind and pure and clean soul so that success is attained in life. The period of youth is the time for achieving health. Hence if care is taken right in the youth, success will follow for the rest of life. But if time is spent in careless activities, laziness and lewdness one will have to repent for it for the whole life.

Doing exercises is to be considered obligatory like Prayer. It opens the tissues of the body and regulate the circulation of blood. The following instructions may be followed in this connection.

1. During exercises, shut your mouth and inhale breath deeply inside by the nose so that lungs are stretched and polluted wind is exhaled while oxygen in sufficient quantity comes in.
2. While doing exercise the body starts sweating due to heat caused by the circulation of blood going high. In this way inward pollution is discharged causing purity in blood. When the body becomes cold and sweat is dried, one should take bath with hot or cold water according to weather and dry the body up with a towel.
3. The best time for doing exercise is early morning. However, if one doesn't find time he may do it in the evening.
4. Give a message to your body with mustard oil followed by bath with cold water; it is useful for health.

5. Even though walking is a good exercise but it is for the old and aged. For young men such exercises and games are more useful which cause to sweat.
6. All kinds of games and sports like football, cricket, kabaddi, jumping etc. are useful. However if one has no time to play these games he may do p.t. parade or make gymnastic exercises. Running fodder-cutting and wrestling etc. are also very useful. In short, do some exercises to keep fit and healthy according to time, place and occasion.

REST AND SLEEP

Our life has now become a machine out and out. We find very little or no time for rest. Moreover, we have ourselves managed our ruination.

You so often go to the cinema, play cards and pass your time gossiping, reading novels and enjoying television till midnight. And where there is no such facilities you waste your time in the assembly of friends. It results in the proper time of sleeping coming to an end. It weakens eyesight and memory, causes loss of interest and makes evil desires gaining ground in mind and creating anxieties of all kinds. Thus night pass in bed dreams or nightmares, and you lose interest in Prayers or recitation of the Holy Qur'an, and, in short, you start passing life like a mad man. It becomes almost impossible to rise early in the morning. May be, you enjoy such an unprincipled and disorganised life and you fail to see the imminent danger to your health and colossal harm in the immediate future. You may be able to measure the degree of loss only after you are above 30 or 35 years of age. You will then see that your health has completely run down. Your stomach will cease to function properly and your mental and manly vigour have much reduced. You will then constantly feel gloomy and frustrated.

Hence, it is highly desirable that you bring regularity to your life, and the easy way for you to say regular Prayer on time. This habit, when firmly established, will bring regularity to your entire system of life. Gradually you will develop to do all your work on its right time; your time for rising and going to bed will be fixed followed by entire business of your life.

Keep waking till late in night weakens mind, put digestive system to disorder, bring evil effects to nervous system and the

person is overtaken by mental anxiety, palpitation of heart, frustration and embarrassment.

Bear in mind, rest and sleep are as necessary as food and exercise for health. It brings lost energy back and produces freshness in heart and mind. It is because of this, Allah Almighty has proclaimed sleep as His reward. Going to sleep empty stomach is harmful, but it is equally harmful to sleep with stomach abnormally filled. Sadness, anxiety and frustration spoil health, and hence, one must keep from all these.

Keep in mind that our thoughts exert effect on our whole body. You should, therefore, think healthy and feel spirited and energetic. This will keep you strong, active and fit. But if you allow the feeling of sickness and sufferings to gain ground in your heart, you will become sick indeed. Never make it a habit to use sleeping pills for they cause irreparable harm. Hot milk is useful. *Rassi flora Q*, a homeopathic medicine is also very useful for the purpose. It is to be taken in about 15 to 20 drops mixed with a draught of water; it will bring peace of mind after a while.

PRINCIPLES OF STUDY

Hazrat Imam Ghizali passed through a forest and came across some robbers. When they got nothing from him they snatched away the book bag. He felt very sorry as to what will he do if he need anything to consult in the books. At last he requested them with utmost humility that they return him the bag for they are nothing to do with that. The robbers being impressed with his humility gave him back his bag, saying: "What's the use of such a knowledge that one remember nothing when the book is lost."

The Imam was so much impressed that he memorised everything important and necessary.

This event gives the lesson that if a man wants to memorise anything with deep interest and utmost restlessness, it becomes easier for him to do so; some old men have been found to have committed the whole Qur'an to the memory.

One should make use of brain. Mere books are not enough. The more you make use of your memory the more the power of mind will increase and more the power of retention will be strengthened.

1. Take care of your health.
2. Seek at once the remedy of such physical ailments which cause mental weakness; for instance, weakness of eyesight, constant headache, loss of interest in study, dizziness, flowing water from the eyes, pain in the ears, tooth decay, physical weakness and frequent nightfall etc.
3. Before making study you should arrange for light, air and sitting place.
4. Form habit of making study firmly at one place.

5. If possible, go to the class room by studying in advance the lesson to be taught.
6. Make study at the appointed time.
7. Concentrate on your study well.
8. Make short notes while going through books or lectures; it will prove helpful to you later.
9. It is improper to make study in moments of anxiety or embarrassment.
10. Don't allow any distraction of attention at the time of study.
11. Do your work as if you have to learn and memorise.
12. While making study you never think that you are doing this for fear of your teacher.
13. Never seek help of anybody else without any genuine need.
14. Always put your aim before you.
15. Have a cursory look at your previous lesson before learning the new one.
16. Do easy work first and start difficult works gradually.
17. Work with a speed that you could maintain, lest you work with zeal and fervour for a few days and get sick of it later.
18. Early morning is the best time for memorising anything, for the mind is fresh after the rest and sleep of the whole night. It is a time when one feels energetic and spirited. First take bath and say morning prayer and then sit at a fixed place to learn your lesson firmly at least for one hour. You will, Allah willing, learn it by heart never to forget again.
19. Learn it with the purpose that you are ready to recall it when needed.
20. Pay more attention to what are more urgent or necessary.

21. Form habit of making study for a longer period so that habit of deep and concentrated study is cultivated. However, you should break your study as soon as you feel tired, and then change over to some kind of games, sports or recreation or any other work so that fatigue is over and mind is not weakened.
22. Keep marking important points or portions during study, provided the book belongs to you for it is immoral to make anybody else's book dirty. These marked passages will help you a lot when you learn the book again and get it by heart.
23. Repeat the meaning in your own words after finishing a paragraph or a topic so that they easily gain ground in your mind. The gist of learning something by heart is to understanding and then repeating it in one's own words. Parrot-like repeating is fruitless for forgetting a few sentences may lead to total failure of memory.
24. Terms and definitions should be memorised so also the principles and numerical orders for you cannot do without it. If you do it you can solve all the questions.
25. It is better to divide passages in parts than to learn them as a whole.
26. It is better to memorise in loud voice.
27. Make short notes from the lectures delivered by your teacher so that you are not deprived of listening to the lectures.
28. Make it a point to write down the answers from time to time so that besides accumulating your thoughts you are able to bring them in order as a matter of habit.
29. Take care of your handwriting, for a good handwriting is the ornament of a pupil.
30. Keep on improving your writing and speech powers which need your interest and attention.

31. If two students repeat their lessons to each other, it helps learning it well. This is a very useful and easy method to something.
32. Take almonds regularly; it increases memory and send *darud* i.e., peace and blessings on the Prophet; it will bring blessings and benediction.

HOBBIES

It is the soul of life, asset of joys and a source of interest. Moreover, it is the best way of passing leisure time.

Every person has something to do during moments of leisure. Some people waste time in playing cards while others earn wealth by learning some skill, by reading books on ethics, history, science and literature which add to his knowledge and experience. There are youth who ruin their character and faith and health by reading detective and obscene books and novels or seeing naked pictures. They invite destruction in this world and the Hereafter by passing time in night clubs, dancing halls, gambling and drugs dens. These are all sources of ruination of health, defamation in this world, wastage of money and displeasure of Allah Almighty.

Time is a wealth which is very precious and fast-running thing. As we do not waste our money uselessly so we should not waste our time fruitlessly! Wastage of time is not only the wastage of wealth; it is also the source of spoiling strength. It leads to disease, lewdness and unemployment. Hence it is better to keep oneself engaged in some kind of work so that power of action is not weekend or destroyed.

Loneliness is the source of sorrow and sadness. When a young man keeps living sad and dejected his feelings and sentiments become dead and he lags behind in the race of life and suffers failures of all kinds.

Some youths are fond of games. They love their body and do exercises to keep it fit and healthy.

Bear in mind that your body is the trust of Allah with you and it is a great favour of Allah in all respects.

Everybody has to adopt some hobby as he grows young. Hence you should be guided by your wisdom for this selection of yours may make or mar your life. In foreign countries there are youth clubs where means of sports and fun are provided. But such things are very few in our country. And our clubs are dens of gambling, playing cards, dance and music and they serve as wine bars also. They set no constructive work before the young generation. Hence you should collect full information about the activities of the club before joining it so that you suffer no harm and loss in this world and the Hereafter. It is better that some youngmen make a team to open a club which provide only healthy means of fun and frolic in leisure.

Among the good hobbies you may have the following:

Walking for fun and pleasure, going to gardens, canals, parks etc. for fresh air, doing exercises, taking part in various games and plays, playing indoor games, reading good books and magazines, taking interest in drawing, photography, sceneries, handwriting etc. Some of the very good and healthy hobbies are cleaning the mosques with others, arranging drinking water where it is not available and providing water for *wudu* (ablution) as well, establishing centres for educating the adults, opening poultry farms, growing gardens and trees, cultivating vegetables, preparing nurseries, practising writings and speeches, learning any skill, making lawful earnings in leisure, learning the Holy Qur'an by heart, running saving schemes etc.

One may choose any one from the above according to time, circumstances and bent. But you should, however, make it a point that these hobbies do not lead to curtail hours of prayer and recitation of the Holy Qur'an. Learn Arabic translation of the Holy Qur'an and take a seat in loneliness to bring to mind the powers and attributes of Allah and His glory and love and arouse in your heart the feeling of your humility before Him. You should also seek forgiveness for your faults and sins and invoke His blessings for right guidance and success in both the worlds. If the glory and greatness of Allah Almighty have its prints on your heart in this very age, you will, Allah willing, remain safe and secure in this world and the Hereafter.

In ahadith, it is being said that worthless hobbies are sign of weak faith. Islamic civilization admits of nothing which leads to wastage of time in fruitless activities. Leisure should, therefore, be spent only in useful and fruitful engagements. Young generation is bereft of mental peace today mostly because its hobbies and activities are not sound and healthy. They pass greater part of their time in parties, clubs, cinemas and other such reveleries and pageantries. Moreover, they ruin their health by smoking cigarettes, drinking wines and taking drugs. Thus they invite ailments of mind and heart as well and their nervous system is disturbed. It results in wildness, fear, anxiety, boredom and loss of interest in everything sound and healthy. And they shed tears the rest of their life after losing time, peace, health and wealth, but it is all useless. Hence you should shun all these evils and also company of such people who may carry these to you.

In order to get real happiness and peace we should pass our leisure in a manner that gain pleasure of Allah and keep out of any infamy and defamation. It is necessary to seek leisure to give peace and rest to mind and heart. The peace and pleasure one gets in sitting in the assembly of saints and elderly persons and serving them, keeping the parents happy and enjoying beauties of nature cannot be had in an artificial life of luxuries and a life of wandering and lewdness. Every moment of life is precious and hence take care of it. On the Day of Judgment you will be asked as to how did you pass it. Those who waste their time in futile acts and activities will have to be accountable for every moment spent fruitlessly will provide nothing but shame and repentance. Time passed is like an arrow shot for they never come back. Hence consider your time the greatest wealth and spend it in fruitful activities.

PRACTICE MAKES LIFE BOTH HEAVENLY AND HELLISH

My dear friends! Keep in mind that if you have on mind and heart the collective impress of virtue, sympathy, generosity, honesty, truth, labour and joys you will find avenues of success and happiness wide open for you. Hence you should always pay attention to the real aim of life i.e., pleasure of Allah, and seeking blessings of Allah in this world and the Hereafter. And if you keep trying hard to achieve this purpose with firmness and strong will you will see this world clearing the path of progress for you. However, if any event or accident stands in the way you need not be anxious and allow not the anxiety draw near you. Let not Satan lead you astray taking advantage of your embarrassment and deviation from the right path. In case of any such fault, pray to Allah with all humility to forgive you and show you the right path for He is very kind and Forgiving. He is too Merciful to give you His lead and guidance. He alone can make you find the right path and achieve your aim. Hence keep your aim before you and then bring your zeal, courage and practical power to action. Seek repentance for your past faults and sins and try your level best to shun all types of evils in future.

Preserve in mind that there is wide difference between wishing something and making firm resolve for achieving it.

You must have seen some people heaving sigh and groaning and saying they must have done something great and memorable in case they had leisurely moments in life. It is a fact that those who have done something marvellous have done it through thick and thin and in the teeth of all opposition. Hence one should face the adverse situation without feeling anxious and nervous.

See that when a lion is entrapped it does not lie low. It rather

goes jumping and tossing, roaring and fighting to the end. You are nothing short of a lion, and hence combat all reverses and adversities instead of surrendering before them. You will be, Allah-willing, crowned with success.

You would have seen some youths who suffered poverty and failures at the outset but with their determination, single-mindedness and fighting spirit attained their destination. Some young men started their career as a labourer or menial worker but kept their study continued with their daily labour and reached the pinnacle of glory. You must have heard about some men of determination who had no lamp even to make study at night and had to do this in the light of a lamp post or near any shop and became a learned scholar in future. Maulana Deputy Nazir Ahmad was one of them.

Hence if you are poor or reduced to poverty and living a life of a pauper and destitute, you are nothing to worry or lose your heart and hope. Keep courage, be steady and advance your steps firmly, consciously and undauntedly without fear and anxiety. You are sure to win success one day.

A GOLDEN PRINCIPLE

Allah Almighty has bestowed on you great abilities and capabilities but still you worry to work because of lack of insight into your own abilities. If you work hard with sincerity and valour, patience and firmness you will be amazed to see how your hidden abilities and capabilities are coming out one by one. You will find that your route to go ahead is getting clear and paved as much as you try to develop your mental power and make changes according to the demands of the situation and the desires you are nourishing in your heart. First you try to deserve what you want to achieve and then keep trying hard without a break. If you keep in mind a clear picture of what you want in life and where lies your destination, it will leave an impress on your mind and heart and the picture will remain with you when standing, sitting, moving and lying, waking and sleeping and every moment of your life. It will become an integral part of your life. It will serve a great purpose if you give a slogan in a loud voice:

"I am able; I am fortunate and successful; I am the best character; I am destined to become a great personality. I shall be trying hard by relying on Allah and I will decidedly win."

But if you nourish sickness, sadness and a feeling of death and destruction you are bound to become a worthless person. Be sure that it is a great folly to have on your mind an impress of ordinary, incomplete and ugly picture of anything. Remove it at once, for change in thoughts leads to change in actions. It brings about change in physical functions also. Keep your thoughts high and lofty for achieving peace of heart and mind.

Bear in mind that if you form poor opinion of yourself you will

remain dominated by inferiority complex the whole of your life. If you cannot hold yourself in esteem, nobody would show respect to you for people pay respects to one who knows respecting himself and keeps his character and thoughts pure and healthy. This world will, in truth, take you as you take yourself.

NICE LIFE

Get up early in the morning and say Prayer, and thank Allah Almighty, then make promise right sitting there:

"I shall not allow to come in my heart any evil thoughts like hate, jealousy, anger, fear, greed, deception, backbiting, lie, hypocrisy and debauchery. Allah is with me; He would save me from these evils and favour me with advancing on the paths of progress and prosperity."

If you want to work more and more you should resolve that, come what may, be it day or night, sadness or comforts, you will find yourself happy and help the weak, the sick and the destitute.

Those who harbour hopelessness, frustration and doubt would never see the face of peace and satisfaction. They consider as the mountain of miseries every stage of life, and hence, cannot make progress and look down upon by the people. It is also injurious to keep telling others the stories of misfortune, sufferings, failures, difficulties and setbacks. It is better to forget the bitter past otherwise you would lose your health and they would get tired of you. They would laugh at you and you would find yourself reduced to disrepute.

Preserve in mind that bright future waits only for those who are men of pleasant behaviour; while nobody wants to sit with those who go on complaining against their misfortunes, failings and failures. Such people have very few friends and have to live a life unnoticed and uncared for.

SELF-CONFIDENCE

If we have self-confidence we will get opportunities for great works and we are sure by the grace of Allah to achieve success in almost all of them. But if we ourselves have nothing like self-confidence our success is quite doubtful, for in such a case, we could not muster courage to do big jobs.

You must have seen that men of moderate knowledge and abilities but immense self-confidence have worked wonders on this earth, while people having high degrees have failed to achieve that position only due to lack of self-confidence.

We give below an example of benefit of self-confidence:

In the united India a post fell vacant for persons holding M.A. degrees. About 20 candidates with M.A. degree reached there. But a boy with intermediate also joined the band of candidates. When it came to the knowledge of other candidates they laughed at him. They were at once to call the poor fellow mad for he had come to become a candidate for the post which required only persons holding M.A. degree. But when the result of the interviews was out all the M.A. degree holders failed while the intermediate boy was awarded the job. The sole reason was that the interviewer had put one and the same question for one and all:

"Tell me where lies Shishi Nagar?"

But every candidate with M.A. degree kept quiet and admitted his lack of knowledge. But when the same question was put to the intermediate boy he answered with all the confidence at his command: "Sir Shishi Nagar falls in district 'Bottlepur.'" The board of selectors, being impressed with the self-confidence and presence

of mind of the candidate, gave him the job with pleasure. Although the question was equivocal but it was answered in the same manner.

Hence, keep in mind, self-confidence paves the ways for success and offers you opportunities for going ahead. It stands in good stead for you in all kinds of difficulties and setbacks. Hence create self-confidence and learn to value it.

Those who acquire bad name for their worthlessness their lives become victim of failures and frustrations and they are reduced to nonentity. The unsuccessful person is one who is doubtful of his abilities, capabilities, courage and conviction with the result he loses his self-confidence. He cannot even think of doing anything substantial and valuable. He shudders at the very thought of some important and challenging job, although the way to success is only that any task or work, howsoever, difficult is performed with courage, fervour and fortitude. Dr. Iqbal has in his poetry, used the word "*khudi*" at numerous places and has sung the song in praise thereof. This "*khudi*" is nothing but "self-confidence" i.e., to cultivate the infuse in oneself so much confidence that he can do anything and everything; he can dash against the mountain, face the storm of time, make inroads into the oceans to go ahead, shatter rocks into pieces for Allah Almighty has bestowed on him tremendous abilities of head and heart and hence he is destined to achieve success.

Anyone who becomes slave to his habits and desires always remains worried in life. If you cannot achieve dominance over your laziness, carelessness and other such bad habits and do not have courage to abandon them you are sure to grow worthless as a man and can never achieve success in life. Worries and difficulties come to awaken your dormant abilities so that you make use thereof and make yourself able to shoulder that burden of your responsibilities.

CHARACTERISTICS OF A GOOD STUDENT

A good student must be having the following characteristics otherwise his personality will remain incomplete.

1. Fear of Allah (God)
2. Feeling of love and glory of and obedience to the Messenger of Allah (peace and blessings of Allah be upon him).
3. Holding fast to Religion of *Shari'at* (Islamic codes).
4. Love for the people, loyalty to the country and faithfulness to the government.
5. Make it a habit to keep time of your school, put on school uniform, keep your books and exercise books neat and clean as well as your nails, hair, garments, hands and feet.
6. Do your daily work without putting it off, pay attention to the lectures, keep sitting peacefully, pay regards to your teachers and treat your classfellows with love, sympathy and good manners.
7. A good student is required to take part in sports and games and in curricular and extra-curricular activities. However, he must keep himself away from unhealthy and destructive games and activities like conspiracies, strikes, groupism, sectorianism, regionalism and communalism. These activities are nothing but a stigma on the fair name of a student.
8. Make smile and cheerfulness a practice.
9. Keep the rights of your friends and comrades safe.

10. Go not out of the assembly nor come in to join it without permission.
11. Fulfil the task given by the teacher with the sense of duty and responsibility.
12. Maintain all the rules of the games.
13. Be a source of good name for your school or college. Do nothing against the prestige of your school or college and try hard to become one the teachers may take pride in.
14. Cross not the limit during fun and frolic nor do anything below the standard, etiquette and decorum.
15. Go to bed and get up on time; eat moderately, speak with etiquette and avoid speaking harshly.
16. Keep prestige in walking, speech and character so that others hold you in esteem.
17. Avoid coughing and spitting needlessly.
18. Keep always thinking that you are a Muslim student and you have to live in the world like an exemplary student.
19. Never kill the hopes and desires of your parents and family members.
20. Keep in mind that knowledge expands with doing exercises and is secured with questions. Knowledge is a treasure and question is its key. However, one should avoid needless questioning. Putting questions after questions to the teachers is an act of mischief and impertinence. Never occupy the seat of your teacher whether he is present or absent. The Messenger of Allah (peace and blessings of Allah be upon him) has said: Keep sobriety while acquiring knowledge; keep in view your own prestige and that of others; show humbleness both to the teacher and the taught.
21. Somebody asked Sikandar: "Why do you prefer your teacher to your father?" "My father brought me to the

earth from heaven while my teacher, Aristotle, led me to the heaven from the earth", Sikandar replied and added, "The life I got from my father is transitory but my teacher has bestowed on me such a life and power which will keep me alive till the end of the world."

SOME IMPORTANT POINTS

1. Keep your heart and mind and all your abilities engaged in virtuous thoughts and actions.
2. Keep yourself so much engaged in work that evil thoughts and sorrows find no time to make an inroad in your mind.
3. One who keeps his mind engaged in any good work all the time keeps himself happy all the moments; on the contrary, one who keeps himself unemployed and idle finds himself dominated by worries and troubles.
4. Keep taking stock of your thoughts and deeds morning and evening.
5. Take stock of the thoughts and deeds of the whole while going to bed so that you come to know how much evils or virtues you committed during the day. How many evils gained ground due to your weakness and carelessness.
6. Seek forgiveness then and promise firmly to remove your weaknesses in future.
7. Show respects to others so that you are paid in the same coin.
8. Loneliness is better than evil company and silence better than foul talks.
9. Don't laugh at anybody's helplessness. May be you are also overtaken by the same type of helplessness by the will of Allah Almighty.
10. Wise enemy is better than unwise friend.
11. Taking bath just after eating is injurious to health. It causes contraction of muscles.

12. Parents, beauty and youth are available only once in life; hence value them and thank Allah Almighty for these blessings and favour.
13. Committing sexual intercourse just after eating causes various types of diseases.
14. Curtail your desires and needs as much as it is possible for you, for the secret of prosperity and success lies thereof
15. One who is spoilt during childhood loses the very foundation of life; hence preserve your childhood and youth.
16. Learn to smile in difficulties

PERMITTED SUBSISTENCE

The Holy Qur'an says:

"Eat of what is pure and permitted that Allah Almighty has given you as subsistence and fear that Allah you have faith in."

The Messenger of Allah (peace and blessings of Allah be upon him) has said:

"Anyone who made permitted earnings and nourished his progeny is one like the mother of Hazrat Musa who nursed her own child and received her remuneration from Pharaoh."

You know well that Hazrat Musa (peace be on him) who had his rearing in the palace of Pharaoh and refused to suckle any woman other than his mother. Since Pharaoh was unaware of this he gave her remuneration for the service although she would suckle her own baby. Same is the condition of one who rears the progeny with permitted earnings, although bring the children up is his or her responsibility. There are two advantages of bringing up one's children by permitted earnings; one is reward for permitted earning and another, the reward for rearing the children.

In short, making permitted earnings is a matter of great reward. The child who is brought up with permitted earnings will work within permitted limits, i.e., he is supposed to be virtuous and noble. The child who has been made to live on the prohibited earning on the other hand, will find himself attracted towards unlawful means. One should, therefore, try hard to make lawful earnings. It is better to die hungry than to earn prohibited subsistence.

WHY DO WE EARN?

We need food, house and clothes besides numerous other things. We need money to procure these articles. Our need increases with the passage of time. Nobody can become a member of a civilized nation by eating leaves of trees and wandering nude or naked in forests. It is because a nation now wants an individual who is educated, well-mannered and prosperous. We should also struggle hard to get our due from this world, so that we are saved from depending on others. Islam does not prevent us from achieving material prosperity; it rather holds it as a source of the pleasure of Allah. But it has, however, fixed a sensible limit for us so that we do not become a wrong-doer and a debauch.

LIMITS SET BY ISLAM

Islam teaches us that this world is the cultivating field of the Hereafter. We obtain from here provisions for the next world so that he is safe from being disgraced there. And these provisions are nothing but virtues that we can earn in this world. If wealth is earned through valid and lawful sources and spent in the same way, this is an act of sheer virtue. But, passing a life of comforts and luxury with the unlawful means takes away sweetness of faith. This is the reason why people earning wealth through hoarding, blackmarketing, smuggling, bribery, deception and hypocrisy, gambling and theft happen to be selfish, cruel, stone-hearted, shameless and conscience-proof. Their external glamour deceives others. They carry a black heart in their bosom; they are worst enemies of humanity. Woe to such an earning which is made by forfeiting rights of others, by deceiving others or by sucking the blood of others.

Some sayings of the Holy Qur'an regarding earnings are hereunder:

1. Whatever you give in charity gives you benefit. (But provided what you spend is meant for seeking pleasure of Allah Almighty).
2. Hence you give your relatives their rights, and the needy and travellers theirs. This is beneficial for those who have a desire to have pleasure of Allah. They are, indeed, those who are to be successful.
3. Anyone who rebels and prefers worldly life to the Hereafter, Hell is his only abode. But one who fears the Exalted Station of Allah and keeps his sensual desires away, Heaven alone is his abode.

4. Anyone who is desirous of worldly life and its glamour, We shall give him full return and he is to be put to no harm. And such people have nothing for them in the Hereafter but Hell. Whatever deeds they do in the world will be effaced.
5. Your relatives and progeny will be of no use on the day of Judgment; Allah will decide about them: He has his eyes fixed on your deeds.
6. When he passes away his wealth and possessions will be of no use to him (Miserly, wealthy and the capitalist earning through unlawful means) will say with intense sorrow that his wealth is of no use; his rule is lost.
7. He collects money and keeps counting it. He thinks that his wealth and possessions will ever keep him alive. But it can't happen; he will certainly be put into destroying Fire. And what do you understand by the destroying Fire. It is the blazing Fire of Allah which will go up to hearts. It will surround them like big timbers.

The Messenger of Allah (peace and blessings of Allah be upon him) has said:

1. "Two wolves which are driven into the herd of goats cannot bring so much harm as the love of high status and wealth do"
2. "The wealthy are destroyed except that one who spends his money right and left, forward and backward for imparting good (to people)."
3. "Whatever the wealthy spend on sensual desires will be put to the scale of evils, and whatever they expend in the way of Allah Almighty will go to the scale of good. Whoever uses his worldly favours to oblige the creatures of Allah will be really fortunate."

UNLAWFUL EARNING

Some instances of unlawful earnings cited below:

1. Evading duties by the employees or showing reluctance in performing duties properly and on time, like coming late or doing something else in duty hours etc.
2. Taking bribe or accepting something such as they take in the shape of gifts etc. so that they escape the eyes of bribery prevention department.
3. Of the shopkeepers adulterating with articles, weighing and measuring less, blackmarketing, taking undue profit when price is fixed, selling articles of higher prices, hoarding, selling articles of lower quantity at the price charged for articles of fine qualities.
4. Professionals performing their jobs with bad intents, like that of the doctors administering such medicines which may deliberately delay recovery; of the pleaders concealing truths by speaking lies, saving the offenders knowingly and working for the punishment of the innocents, of the mechanics using weak, rejected, useless and worthless materials.
5. Of peasants cutting the harvests of others stealthily or forcefully, irrigating one's own field by stopping water to those of others, grazing one's cattle clandestinely in anybody else's field, oppressing the cultivators, in short, working with dishonesty and insincerity with bad intents make the earning unlawful.

As a few drops of urine make a heavy quantity of milk filthy, and nobody is ready to drink it; similarly, a little unlawful earning will

make the whole amount worthless. Hence one should shun unlawful earning whether it be a small amount or big. Unlawful earnings give birth to all kinds of sufferings, wrangles, corruption, litigations and bring disgrace in this world. Such a wealthy person enjoys no peace and satisfaction in life. Such a wealthy person will become fuel of Fire in the Hereafter. Hence he who makes lawful earning is fortunate and wise.

Bear in mind that both the giver and taker of bribery are cursed by Allah. Moreover, both the extravagant and miser are brothers of Satan.

The Holy Qur'an says:

"Those who forcibly eat from the wealth and property of the orphans, in fact, fill their stomach with fire."

"Those who live on usuary will be raised from their graves in a state as if Satan has maddened them."

WHY DO PEOPLE LIVE ON UNLAWFUL EARNINGS?

These days, when they are carried away by the pomp and show and have lost faith in the Hereafter, consider a luxurious life and abundance of material resources the only purpose of life. They think as if death will never come and if it comes they will mingle into dust to become a part of dust, and nobody will bring them to account. Hence they in their hearts believe not in the Day of Judgment and the reward and punishment that Day, although they admit it in words. They are, therefore, so deeply engrossed in temporal luxuries with all what they earn and for all moments that life provides that they have forgotten distinction between the permitted and prohibited. They remain intoxicated with the lust of wine, adultery, revelaries and unlawful eating and drinking. New forms of luxuriant living and sensual desires need big bank balance, bungalow, car of the latest model and a beautiful and fashionable wife. But such a fabulous sum of money that they are always anxious to increase their income to meet the overflowing expenses by using unlawful means and making others target of their oppression. Thus the criterion of greatness and glory to them is not nobility and high morals but wealth and wealth alone. They are least ashamed of acquiring money by fair means or foul. They rather feel worthless by keeping themselves confined to lawful earnings, for, in this way, they cannot fulfil the fast increasing needs of their wives, nor they become the topic of talk in society. Hence they are indulged in making full use of unfair means, take to blackmarketing, chalk out new and novel methods of swindling and hypocrisy and spend lavishly to keep their awe and esteem.

Keep in mind that the Messenger of Allah (peace and blessings of Allah be upon him) has said:

"Prayer of none will be granted till a thread of the garment purchased by unlawful earning is there on the body."

People once put a question to Hazrat Ibrahim Ad'ham: "What is the reason that Allah Almighty does not grant our supplication?"

He replied:

"It is for this reason that you know Allah well but do not obey Him;

recognise the Messenger of Allah (peace and blessings of Allah be upon him) but do not follow him;

recite the Qur'an but do not act upon it;

eat from the delicacies of Allah Almighty but pay no thanks to Him;

know that Heaven is meant for the faithful but demand it not;

know that Hell is meant for the sinners but have no fear thereof;

take Satan to be your enemy but flee not from him, but rather make friendship with him;

Know well that death is a fact, but make no provision for the Hereafter, but, rather accumulate objects of worldly life;

bury your nearest and dearest by your own hands but learn no lesson; abandon not their evils but indulge in finding faults with others;

tell me how can your supplications be granted?"

HOW TO MAKE LAWFUL EARNINGS

Instead of wasting time in gossips and useless activities it is better and rewardable to spend it in making lawful earnings. This keeps a person above destitution. Begging or keeping oneself needy of others is not worthy of a Muslim. Hence, it is worthwhile to struggle for lawful earnings instead of lamenting on misfortune. Part time work by employees and running something like poultry farm etc. at home may give some income.

Bear in mind:

1. Keeping desires in control is the sole device of solving financial difficulties.
2. Before increasing the needs you must think whether you will require unlawful earnings to meet them. If there is any such possibility, bring your needs within limits.
3. Spoil not your Hereafter for false prestige and adopt luxurious way of living by aping others.
4. Adding to honour by borrowing from others and fulfilling sensual desires by unlawful earnings is a matter of disgrace and disrepute in this world and the Hereafter.
5. Extravagants and misers are both brothers of Satan.
6. Spend your precious moments in making lawful earnings instead of seeking support of someone else or lamenting over misfortune and wasting your precious time in playing cards, gossips and useless activities.
7. Think before doing anything as to what is the decree of Allah Almighty regarding it.

8. Would your friends and relatives and household come to your help in prison or grave; how naive you are to ruin both your this world and the Hereafter for the sake of others.
9. Before fulfilling your personal needs you must think whether your family members and people in your locality and village deserve your help and support more according to the intensity of their needs. Starving households, the sick who have no money for medicine and those who are deprived of acquiring knowledge by studying in any teaching centre deserve help more than the money spent on fashion and luxury. However, the rascals, swindlers and vagabound who are bane of the country and nation deserve no help whatsoever.

FUTURE

Young Crusaders! Future awaits you. Advance! Success is ready to kiss your feet. You have, in the chapters gone by, gone through necessary guidance about passing life in different stages. Now it is up to you to act upon. As you step in the vast sphere of this world, you will grow anxious for earning your livelihood. Hence, we have, under the heading, "lawful earning," laid stress not to indulge in unlawful earning. Now we give below a few guidance for making your future bright.

1. If you have a desire to get service, try to find out a department where you could achieve full satisfaction, and which is after your heart. May be, you belong to literary circle and have literary taste and you join police service. In this department you will pass your days in booking the criminals and preparing investigative reports instead of fulfilling your literary ambition in the form of writing poetry, novels, stories. And if you prefer your literary activities to the requirements of police service, you are bound to taste failure and lose your service. Hence select your service according to your disposition, and pay thanks to Allah in case you get such a service.
2. Never go near bribery, otherwise you will blacken your face in both the worlds.
3. Never gain anything by putting anybody to loss.
4. Do your job with all your hearts; try to fulfil other's rights; keep time; develop sense of responsibility and maintain responsibility; these are signs of success.
5. Leaving your service and changing departments time and again will set you ruin your life and future.

6. If you are asked to do something against justice and fairplay, you refuse to carry it out point blank. Keep in mind, your subsistence, honour, life are all in the Hands of Allah Almighty and not those of your officers. Never try to join the team of the atrocious in order to please others.
7. Never lose heart in appearing at the departmental examinations, try to achieve success in your examinations by doing hard labour so that you appear not inferior to others and lose your promotions.

If you are a trader, merchant or businessman:

1. Sweet words are magical. You can lure the hearts of your customers by sweet words and thus make phenomenal progress.
2. Playing foul, weighing or measuring less, taking to blackmarketting, charging more for the articles, swearing falsely etc. are such heinous crimes which will not only ruin your business but also bring disgrace to you in this world as well as in the Hereafter.
3. Never practise laziness in saying your prayer after being engaged deeply in your business, for Allah Almighty is the Nourisher. Keeping the shop opened till late will not increase your income.
4. Keeping your shop well-furnished will lead your business to progress.
5. Never allow evil men to sit in your shop; it exerts adverse effects on customers.
6. Always try to keep your life and character spotless so that people hold you in high esteem. This will widen the circle of your customers.
7. Forget not the poor, needy and destitute if Allah Almighty grace you with progress in your business and spend in the way of Allah whatever you could from your income. You must not grow greedy and miser by getting abundant wealth.

8. Express no regret if you face loss in business; you rather start once again by removing your weaknesses and correcting your mistakes and show fortitude at every step. Keep invoking Allah Almighty for His blessings and you will, Allah willing, attain success.
9. Keep avoiding giving and taking anything on credit for it leads to evil results.
10. Fairness in character and dealings, purity in thought and action and cleanliness in business centre are the guarantee for a successful business.
11. Develop your business to the extent that you may roll it up if it is the demand of the situation.
12. Bear in mind; a business keeps crown on his head.
13. The Messenger of Allah (peace and blessings of Allah be upon him) has said:

"Allah Almighty will cause famine where weighing and measuring are deliberately curtailed."

That is, if the price is increased so much so that one is unable to purchase an article even if it is available, it is a form of famine. Curtailment in weight and measure are declared unlawful by the Holy Qur'an.

14. The merchant who express his desire even for a night that the price of an article go high and hold back edibles with this view, Allah Almighty will destroy his good deeds of 40 years.
15. Anyone who hoards the eatables forty days with the sole intention of selling them when their prices go high, severs his relation from Allah Almighty. What a great destruction!

SENSE OF HEALTH

Good health is one's own responsibility. Who does not like to be healthy? But very few people make efforts to keep it. Although hospitals, doctors and dispensaries are available everywhere, but even all these facilities fail to provide health to anyone. What is required is the firm determination to keep oneself healthy. It requires following the rules of maintaining health. Doctors and physicians of all kinds can extend their advice to you regarding heigenic principles and make you aware of the gain or loss in regard to health, but only acting upon these advices can give a guarantee to sound health.

Every youth should, therefore, acquire deep sense of health and how to attain it. Any compromise with disease can lead to death and nothing else. Every one has a right to get health by accepting his responsibilities, so that he may enjoy good health.

Hundreds of people fall sick every day, for they fail to observe necessary caution regarding their health. They have not the slightest idea about going to bed and getting up; what exercises are suitable for them; what is the right time for them to take their breakfast and what kinds of eatables should be served to them. They know nothing what kind of atmosphere or environment can give them pleasure of life.

Physically weak persons are unable to pass a life which a healthy person can do. Weak persons generally follow the way which may lead to complete disaster. A man is forced to run faster on the path of life today and he is compelled to utilise his physical and mental powers more than before. Hence it is all the more necessary that one should consume such eatables that provide him the required power, energy and strength. Nutritious diets help restore the lost energy and power. Hence take full care of your health.

KEEP SMILING

Human face is the manifestation of his thoughts. Everybody, having seen your face, can have a glimpse of his taste and disposition. If you stimulate anybody with your love and sincerity, he will also respond with fervour. Your smile will make room in every heart and he will also smile in response. But if you make a crying face or look angry and irritated, nobody will come near you.

If you take out malice and jealousy from your heart, Allah willing, you will find a place for you in every heart. Abandon the habit of criticising and fault-finding. Overlook, if you notice any weakness in anybody, and admire him lavishly. You will see how deeply they love you. This kind of gesture will strengthen friendship and love and brotherhood will overflow in society.

Make not your face sad and gloomy even in moments of distress and disaster, for nobody likes the weeping face. At times they laugh at the sufferings and miseries of others and enjoy their troubles instead of mitigating them. Bear in mind that everything is good or bad according to one's concept. It is more troublesome to think about trouble. While going out, let smile be playing on your lips. Greet your friends with smile. Be happy and let others be happy.

No price is to be paid for smiling but it carries too much advantages.

1. One who receives it grows rich but the giver is not reduced to poverty.
2. One who lives without a smile is not to be reckoned among the living but among the dead.
3. Smile showers happiness all over the world and helps befriending each and everyone.

4. If there erupt a quarrel between husband and wife one flash of smile may do away with it.
5. Smile can neither be bought nor be given in charity, not borrowed, nor stolen.
6. Anyone who cannot take advantage of his smile is worthless indeed.
7. In case you are a dealer or salesman, your smile will take your business to amazing heights.
8. If you want to become popular keep yourself smiling.

SWEET TALK

Our day to day talk keeps much significance. One's character can be gauged from his utterances. One should, therefore, be very cautious during his speech for a little carelessness may pull him down in others' sight. Hence keep the following points in view while talking to anyone:

1. Always speak according to the time and occasion, for untimely talk may lower your position in others' eyes.
2. Keep in view feeling and emotion of listeners while talking with them.
3. Avoid too much talking on your favourable subject; give others also opportunity to express themselves and listen to them as well.
4. Brief talking is more effective.
5. Select suitable words to express your thoughts, for suitable words, effective and startling phrases and measured speech add to one's prestige and dignity.
6. Keep from using taunting words otherwise the addressed will lose faith in you.
7. Keep caution about softness, sobriety and prestige in your tone.
8. Express good and sincere feelings for one who you want to make happy.
9. Jolly people dislike burdensome talk.
10. Don't be difficult talking with illiterate or ignorant persons.
11. Show regard to your elders while talking with them.

BRIGHT AND HAPPY FACES

Everybody wants that his face look handsome, happy and bright. And he adopts various devices to achieve his purpose. Some of them use various kinds of creams, powders and perfumes. Although they give temporary face-lift, but gradually they lose their charm and leaves the skin ugly and rough. But the wise among them take care of their health and fitness so that circulation of blood may brighten their faces and make their skin soft and charming. This device is far better than the former. Faces of healthy person look beaming and bright and radiate glow, freshness and brightness.

But we give you such a prescription which needs no spending over it and the glow, freshness and happiness of your face will increase instead of decreasing, provided you make use of the prescription right from today, and abandon it not at any age and stage of your life. The detail of this prescription is given below:

1. Recite the Holy Qur'an everyday early in the morning, for this is the Word of Allah Almighty, and it contains such a light that will illuminate your face. Thus, due to the recital of the Qur'an your face will shine and glitter so much that no powder or cream can ever do.
2. Say Prayer without fail and prostrate before Allah Almighty times without number, for the Messenger of Allah (peace and blessings of Allah be upon him) has said that men are nearest to their Lord when they are lying in prostration. Since Allah the Exalted is the Light and man draws near to that Light because of his prostrations. Thus, when he is in proximity with that Light again and again, his face starts glowing with that Light.
3. Keep remembering Allah most frequently in your heart so

that your heart is filled with the love of Allah. When the Light of Allah's love illuminates your heart, your face will itself brighten. You would have seen that electric lamp i.e., bulb etc. When gets lighted, its shade also gets illuminated. Similarly, when the bulb of your heart is lighted then your face, which is the shade thereof, will certainly illumine.

4. Look towards your parents, elders, friends of Allah and the virtuous with love and regard and you will find your face illuminated.

We are telling you all these that you act upon them right now so that your face look illuminating. Bear your mind, if you renounce prayer and recital of the Holy Qur'an, fail to hold your parents and elders in regard and make in your heart room for worldly idols instead of love of Allah, your face would appear ugly and unattractive inspite of all kinds of creams and powders. And more you grow in age, the shade of misfortune will be increasing to the extent that during the oldage your face will appear fearful and terrible.

Have you not seen around that the virtuous look graceful even in old age, while the unchaste and the neglectful are looked upon with contempt and disdain. Bear in mind that Prayer is a light which is increased by lawful earning. This light illumines the face and makes waves of joys and freshness running over it. You should also have right from now the light of Prayer to combat the hurdles of life. You would then get energy and spirit to face all challenges with smile on your lips. This way alone your parents, family members, your country and nation would be proud of you.

PEACE AND SUPPLICATION

Every person in the world now-a-days appears complaining against unavailability of peace. They keep saying that real peace and joy are far from him and distress and disquiet have melted even their bones. Their soul is restless even after having wealth, fame and comforts of all sorts; their hearts are gloomy, minds anxious, and they are deprived of true joys and happiness of life.

You must have gone through medicines in the newspapers and magazines which claim to be effective in bringing peace. But be sure they are all a hoax. If peace can be purchased by medicines why the wealthy look so restless and gloomy?

You must have come to know through various sources that Western countries in spite of giving so much wealth and medicines to their people have miserably failed to provide true peace and happiness to them. There is storm of divorces and suicides and a large number of youths are found roaming in forests like wild animals. You find them going about the world in the shape of hippies in search of peace. They have touched the heights of debauchery and luxuries but their souls are thirsty and restless. This state of affairs provides ample proof that:

1. Peace cannot be achieved through luxuries of life;
2. Peace cannot be had from medicines;
3. Peace cannot be gained from drugs and narcotics;
4. Peace cannot be obtained by wandering lust and sexual liberty;
5. Peace cannot be found in dancing and singing;

6. Peace cannot be acquired by chasing women;
7. Peace cannot be brought by heaps of wealth; and
8. Peace cannot be brought from devices suggested by men.

How can it be reached?

Before answering this basic question we have to explain what this peace is at all?

We generally think that a luxurious living, delicious dishes, enjoying assemblies of unbridled friends, taking drugs and narcotics, indulging in revelries, passing hours with fallen women are sources of peace. But, this is an undeniable fact that peace and enjoyment achieved through these are quite temporary and short-lived. They take leave with the change in situation, and, once again, the sense of repentance, fatigue, annoyance and boredom dominate their lives and plunder their souls. Restlessness, gloom, anxiety, depression, instead of peace, gain full control of the mind and heart.

Peace is, in truth, the name of that state which gains not so much control over the joys and sorrow of man that his character and disposition, feeling and emotion and daily business of life lose their balance and move from the centre; for instance, one starts cursing even Allah Almighty under deep distress or holds himself as the most unfortunate and wretched person on this earth; or crosses moral limits in the fit of joys, and forgets even his position as a slave of Allah.

Remembering Allah in comforts and fearing Him in anger are signs of peace of heart.

What are the things that lead to disasters?

The Qur'an has answered this question in these words:

"Those who say Allah is our Lord and remains firm on it, will have no sorrow and fear."

It means there are two things to destroy peace:

1. Sorrow
2. Fear

Sorrow comprises failures, deprivations, frustration, pain and sufferings.

Fear belongs to future i.e., may be this or that; may something be disclosed or any event caused etc.

If these two elements — sorrow and fear — destroying human peace are warded off, peace process goes undisturbed. Moreover, if lamenting over past events or nourishing sorrow of failures and deprivation are eradicated and there be no fear from the ensuing fear and frustration, one can get rid both of sorrow and fear. But this is not an easy thing for men is the embodiment of feelings and emotion. He is influenced by trifles. Hence it is natural for a person to get influenced by sorrow or fear. But this effect is not to be allowed to go so deep as to make one deeply hurt or profoundly happy. And this can happen only when we accept Allah as our Lord with perfect conviction. Your heart will then call out in utter frustration and distress:

"Why do you worry; this is all from Allah, and Allah is Merciful. Every work of His has a grain of wisdom whether you comprehend it or not. It is beneficial in all respects; hence thank Allah and be patient."

Be sure, this voice of courage and valour would do away with all your sorrows and fears, and make peace easier.

Alongwith this Allah Almighty has given another formula to be applied when all other formula are tried and found futile.

The formula worked out by Allah Almighty is this:

"Beware! peace of heart lies in remembering Allah."

That is, if you keep remembering Allah you will find your heart peaceful, for remembering Allah is a source of peace.

There are many ways of remembering Allah Almighty. Prayer is the remembrance of Allah and so is reciting the Holy Qur'an and keeping from what Allah Almighty has forbidden, shunning what is being prohibited by Allah. In short, remembering Allah, obeying Him and following Muhammad (peace and blessings of Allah be upon him) are all means of remembering Allah Almighty, while reciting the Holy Qur'an is the best source of achieving peace.

We would like to tell you about one more device which requires no particular time or condition, and that is supplication.

When you are restless or worried and feel yourself overcome by gloom or develop a sense of want and deprivation or the fire of mischief or riot erupt or whatever be the event or accident, start invoking Allah for the removal of the calamities and sufferings. It needs no *wudu* (ablution) nor one is required to face *Ka'ba*, nor purity or impurity makes any difference. What is needed is simply the 'restless heart.' The more your heart is restless the more your supplication will be crowned with success.

Besides this, invoking Allah Almighty with sincerity of heart bestows unlimited peace and ease. It brings hope to life and lustre, and takes away sorrows and griefs from you.

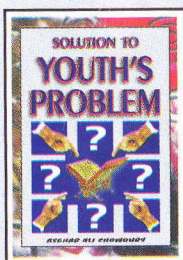
Thus invoke you Gracious and Merciful Master most humbly in your heart Who is Master of all treasures; Who is Most kind: Who has His Eyes focussed on your heart; Who is fully aware of your stealing eyes and faulty heart.

You invoke blessings of Allah in whatever form you will find a strange peace and excitement as you start doing it — such a pure peace which even the wealth of the entire world cannot buy.

You are setting on a long journey of life where you are to be vexed by desires, impeded by difficulties, attacked by worried and

failures, and on such occasions you are sure to face complications. Hence, it is our sincere advice that you remember Allah at every delicate stage of life. You invoke Allah with utmost humbleness with your hands extended. You will, Allah willing, find your frustrations and sufferings dissolved and success and victory touching your feet. You would feel as if you are leaving on a new journey afresh with bubbling spirit and energy.

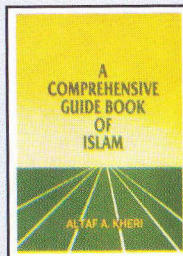
Our blessings go to you, and we invoke Allah Almighty for success, power and faith for you in future.



Solution to Youth's Problem

Asghar Ali Choudhry

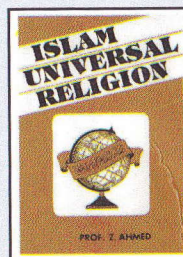
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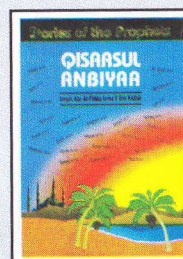
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